



## HEINEN'S GOURMET STUFFED ORANGE ROUGHY FILLETS

- ◆ *Gourmet Stuffed Orange Roughy Fillets with Crab Meat Blend Stuffing*
  - One of our favorites and soon to become a favorite of yours. Our “made from scratch” recipe includes fresh lump crab meat a touch of bread crumbs to create an irresistible filling for the light, delicate flavor of orange roughy. Add steamed asparagus and you will have a wonderful dinner ... on the table in less than a half hour.
  
- ◆ *Gourmet Stuffed Orange Roughy Fillets with Wild Rice Mushroom Stuffing*
  - You will enjoy the earthy flavors of wild rice and mushrooms. The delicate flavor and flaky texture of orange roughy is a perfect complement to this stuffing. We suggest serving with steamed green beans tossed lightly with butter and almonds.

### **Preparation**

Preheat oven to 350°F. Prepare an oven proof baking dish by coating the surface with a cooking spray.

Place filets in the baking dish and bake for 20 minutes. Thicker filets may take an additional minute or two.

Carefully remove the fish from the pan onto individual plates. If desired, drizzle melted butter on top of each filet and serve with a lemon wedge.