

Crispy Catfish & Roasted Potatoes

with Summer Bean Salad & Garlic-Lemon Aioli

In this wholesome dish, we're serving up crispy, pan-seared catfish with a side of specialty potatoes, lightly seasoned and roasted for equally crispy texture. And for a second side, we're making a salad of quick-cooked summer beans, dressed with creamy aioli (a classic condiment in seafood dishes). Kalamata olives add a deliciously briny touch to the complex, summery flavors of this dish.



Ingredients

- 4 Catfish Fillets
- 2 Cloves Garlic
- 1 Pound Prince Of Orange Potatoes
- 1 Lemon
- 6 Ounces Summer Beans
- 1 Large Bunch Parsley

Knick Knacks

- 2 Ounces Kalamata Olives
- ½ Cup Mayonnaise
- ¼ Cup All-Purpose Flour
- 1 Tablespoon Crispy Catfish Spice Blend
(Onion Powder, Garlic Powder, Smoked Sweet Paprika & Dried Oregano)

Makes 4 Servings

About 595 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut the potatoes into bite-sized pieces. Trim off and discard the stem ends of the beans. Peel and mince the garlic; smash with the flat side of your knife until it resembles a paste (or use a zester). Quarter and deseed the lemon. Using the flat side of your knife, smash the olives; remove and discard the pits. Roughly chop the olives. Pick the parsley leaves off the stems; discard the stems.

2



Roast the potatoes:

Place the **potatoes** on a sheet pan. Drizzle with olive oil; season with salt, pepper and **half the spice blend**. Toss to thoroughly coat. Arrange in a single, even layer, cut sides down. Roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

3



Blanch the beans:

While the potatoes roast, add the **beans** to the pot of boiling water. Cook 3 to 5 minutes, or until slightly tender. Drain thoroughly; rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Pat the blanched beans dry with paper towels. Transfer to a medium bowl.

4



Coat & cook the catfish:

While the potatoes continue to roast, place the **flour** and **remaining spice blend** on a plate; stir to combine. Pat the **catfish fillets** dry with paper towels; season on both sides with salt and pepper. Coat both sides of the seasoned fillets in the **flour-spice blend mixture** (tapping off any excess). In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the coated fillets. Cook 2 to 3 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt.

5



Make the aioli & dress the beans:

While the catfish cooks, in a small bowl, combine the **mayonnaise**, **garlic paste** and **the juice of all 4 lemon wedges**; season with salt and pepper to taste. To the bowl of blanched beans, add the **olives** and **½ of the aioli**. Toss to thoroughly coat; season with salt and pepper to taste. Transfer the dressed beans and remaining aioli to 2 separate serving dishes.

6



Finish & serve your dish:

Transfer the **cooked catfish fillets** and **roasted potatoes** to a serving dish. Garnish the catfish fillets, potatoes and **dressed beans** with the **parsley**. Serve with the **remaining aioli** on the side. Enjoy!