

# Seared Catfish & Fregola Sarda

*with Cherry Tomatoes, Bell Pepper & Rainbow Chard*

In this gourmet recipe, we're taking inspiration from salsa rossa, a traditional Italian red sauce of tomatoes and red bell pepper. Our version showcases juicy cherry tomatoes, and uses green bell pepper instead, for delicious variation. Verjus rouge, the juice of tart red grapes, gives the sauce an extra lift. And we're adding sweet, chewy golden raisins and pleasantly bitter rainbow chard to the mix to complete the flavor profile. The result, stirred into fregola sarda pasta (a small Sardinian variety), is vivid and complex—the perfect side for crispy catfish.



## Ingredients

- 4 Catfish Fillets
- 1 Cup Fregola Sarda Pasta
- 4 Ounces Cherry Tomatoes
- 1 Green Bell Pepper
- 1 Red Onion
- ½ Bunch Rainbow Chard
- 1 Large Bunch Parsley

### Knick Knacks

- 2 Tablespoons Golden Raisins
- 2 Tablespoons Verjus Rouge
- ¼ Cup Rice Flour
- 1 Tablespoon Fregola Sarda Spice Blend  
(Ground Turmeric, Sweet Paprika, Italian Seasoning & Garlic Powder)

**Makes 4 Servings**

**About 565 Calories Per Serving**

**Prep Time: 15 min | Cook Time: 25 to 35 min**





1



## Cook the pasta:

Heat a large pot of salted water to boiling on high. Once boiling, add the **pasta**. Cook 14 to 16 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



## Prepare the ingredients:

While the pasta cooks, wash and dry the fresh produce. Halve the tomatoes. Separate the stems and leaves of the chard; thinly slice the stems and roughly chop the leaves. Remove and discard the stem, ribs and seeds of the bell pepper; small dice the bell pepper. Peel and small dice the onion. Pick the parsley leaves off the stems; discard the stems.

3



## Start the vegetables:

While the pasta continues to cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **chard stems**, **bell pepper** and **onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant.

4



## Finish the vegetables & pasta:

To the pan of vegetables, add the **chard leaves**, **tomatoes**, **raisins**, **verjus**, **spice blend** and  $\frac{1}{4}$  cup of water; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the chard leaves have wilted. Transfer to the pot of **cooked pasta**. Stir to thoroughly combine; season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

5



## Coat & cook the catfish:

Place the **rice flour** on a plate. Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet with the rice flour (tapping off any excess). In the pan used to cook the vegetables, heat 1 tablespoon of olive oil on medium-high until hot. Add the fillets, coated sides down. Cook 3 to 5 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until cooked through. Remove from heat.

6



## Serve your dish:

Divide the **finished vegetables and pasta** between 4 plates. Top each with a **cooked catfish fillet**. Garnish with the **parsley**. Enjoy!