

# Catfish Piccata

*with Fresh Fettuccine & Spinach*

Piccata is a traditional Italian preparation that involves coating a thin cutlet of meat or fish in flour, then pan-frying it and pairing it with a lemon-caper sauce. Here, we're making catfish piccata by mixing the bright, briny sauce into a bed of fresh fettuccine and spinach, then serving the flaky catfish fillets on top. Rosemary, crushed red pepper flakes and a little verjus blanc (or the juice of tart white grapes) add herbaceous heat and gourmet complexity to the dish.



## Ingredients

- 2 Catfish Fillets
- 8 Ounces Fresh Fettuccine Pasta
- 4 Ounces Spinach
- 3 Cloves Garlic
- 1 Lemon
- 1 Bunch Rosemary

## Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Verjus Blanc
- 1 Tablespoon Capers
- ½ Teaspoon Crushed Red Pepper Flakes
- ¼ Cup All-Purpose Flour

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 15 to 25 min





1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and mince the garlic. Roughly chop the capers. Pick the rosemary leaves off the stems; discard the stems and roughly chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Roughly chop the spinach.

2



## Cook the pasta:

Using your hands, carefully separate the strands of the **pasta**; add to the pot of boiling water. Cook 2 to 3 minutes, or until al dente (still slightly firm to the bite). Reserving  $\frac{3}{4}$  cup of the **pasta cooking water**, thoroughly drain the cooked pasta. Rinse under warm water to prevent sticking.

3



## Cook the catfish:

Place the **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 in the flour (tapping off any excess). In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Add the fillets, coated sides down. Cook 3 to 4 minutes on the first side, or until golden brown. Flip and cook 1 to 2 minutes, or cooked through. Transfer to a plate and set aside in a warm place. Carefully wipe out the pan.

4



## Make the sauce:

In the pan used to cook the catfish, melt the **butter** on medium-high until hot. Add the **garlic**, **capers**, **half the rosemary** and **as much of the crushed red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Add the **spinach**, **verjus blanc** and the **juice of 2 lemon wedges**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the spinach has wilted.

5



## Finish & plate your dish:

Add the **cooked pasta** and **half the reserved pasta cooking water** to the pan of sauce; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until thoroughly coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Remove from heat; season with salt and pepper to taste. Divide the **finished pasta** between 2 dishes. Top each with a **cooked catfish fillet**. Garnish with the **remaining rosemary and lemon wedges**. Enjoy!