

Catfish Tacos & Coleslaw

with Spicy Roasted Sweet Potatoes

Winter may be just around the corner, but with this recipe, we're hitting the summertime beaches of Baja California—where fish tacos are a local favorite. We're filling our tortillas with catfish, dusted with authentic Mexican spices and fried lightly on the stove. Alongside slices of creamy avocado, a quick, classic coleslaw rounds out the tacos with delicious coolness and crunch. We're completing the dish with a side of spicy, crispy sweet potatoes, for extra seasonal flair.



Ingredients

- 4 Catfish Fillets
- 8 Flour Tortillas
- 10 Ounces Green Cabbage
- 2 Limes
- 1 Pound Sweet Potatoes
- 1 Carrot
- 1 Avocado
- 1 Red Onion
- 1 Bunch Cilantro

Knick Knacks

- 2 Tablespoons Sugar
- ¼ Cup Mayonnaise
- 3 Tablespoons Catfish Taco Spice Blend
(All-Purpose Flour, Ancho Chile Powder, Ground Cumin, Dried Mexican Oregano & Garlic Powder)

Makes 4 Servings

About 615 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut the sweet potatoes into ½-inch-thick rounds. Cut out and discard the cabbage core; thinly slice the leaves. Peel and grate the carrot. Peel, halve and thinly slice the onion. Pick the cilantro leaves off the stems; discard the stems. Quarter the limes. Pit, peel and thinly slice the avocado; top with **the juice of 2 lime wedges** to prevent browning.

2



Roast the sweet potatoes:

Place the **sweet potatoes** on a sheet pan. Drizzle with olive oil; season with salt, pepper and **¼ of the spice blend**. Toss to thoroughly coat and arrange in a single, even layer. Roast 18 to 20 minutes, or until browned and tender when pierced with a fork. Remove from the oven and transfer to a serving dish.

3



Make the coleslaw:

While the sweet potatoes roast, in a large bowl, combine the **cabbage, carrot, mayonnaise, sugar, the juice of 2 lime wedges** and as much of the **onion** as you'd like. Toss to combine; season with salt and pepper to taste. Set aside to marinate, stirring occasionally, for at least 10 minutes.

4



Coat & cook the catfish:

While the coleslaw marinates, place the **remaining spice blend** 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 spice blend (pressing to adhere). 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 4 to 5 minutes on the first side, or until browned and crispy. Flip and cook 2 to 3 minutes, or until browned and cooked through. Transfer to a cutting board; carefully cut each cooked fillet into 4 equal-sized pieces.

5



Warm the tortillas:

While the catfish cooks, stack the **tortillas** on a large piece of aluminum foil; tightly wrap the foil around the tortillas. Place directly onto the oven rack and heat 6 to 8 minutes, or until warmed through. Carefully remove from the oven. Just before serving, carefully unwrap the warmed tortillas and transfer to a serving dish.

6



Assemble the tacos & serve your dish:

Divide the **coleslaw** between the **warmed tortillas**. Top each with 2 pieces of the **cooked catfish**. Garnish with the **avocado, cilantro** and **remaining lime wedges**. Serve with the **roasted sweet potatoes** on the side. Enjoy!