

# Cajun Fried Catfish & Collard Greens

*with Mashed Sweet Potatoes & Tartar Sauce*

Chefs, this recipe is about as Southern as it gets. Before frying it up, we're coating our catfish with buttermilk and Cajun spices—then we're doing it again, to give the fillets hearty crusts with spectacular flavor and texture. To round out the dish, we're serving two classic, simple sides: sautéed collard greens and mashed sweet potatoes. And, of course, we're completing our catfish with its traditional condiment: creamy tartar sauce.



## Ingredients

- 4 Catfish Fillets
- 3 Cloves Garlic
- 1 Pound Sweet Potatoes
- 1 Bunch Collard Greens
- 1 Large Bunch Parsley
- 1 Cup Cajun Catfish Spice Blend  
*(All-Purpose Flour & Cajun Seasoning)*

## Knick Knacks

- 2 Tablespoons Butter
- ½ Cup Buttermilk
- ¼ Cup Mayonnaise
- ¼ Cup Sweet Pickle Relish

**Makes 4 Servings**

**About 600 Calories Per Serving**

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





1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Place the catfish fillets on a high-sided sheet pan (or baking dish); pour the **buttermilk** over the fillets and let marinate for at least 10 minutes. Peel and medium dice the sweet potatoes. Peel and mince the garlic. Remove and discard the collard green stems; thinly slice the leaves. Finely chop the parsley leaves and stems.

2



## Cook & mash the sweet potatoes:

Add the **sweet potatoes** to the pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **butter**. Using a fork, mash the mixture to your desired consistency; season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place.

3



## Coat the catfish:

While the sweet potatoes cook, place the **spice blend** on a plate; season with salt and pepper. Working 1 at a time, remove the **marinated catfish fillets** from the buttermilk (letting any excess drip off, but reserving the buttermilk); thoroughly coat with the spice blend (tapping off any excess). Dip the coated fillets back into the reserved buttermilk, then thoroughly coat again with the spice blend.

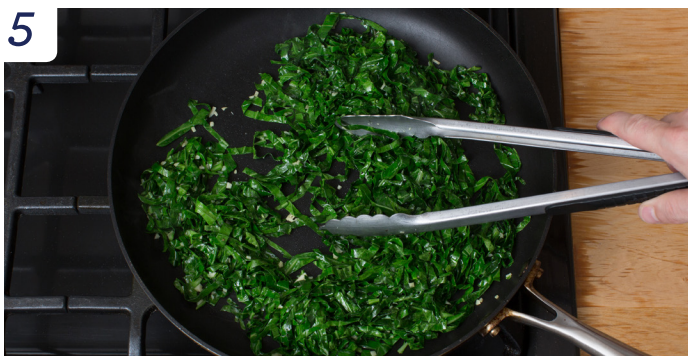
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## Cook the catfish:

While the sweet potatoes continue to cook, in a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a drop of the coating sizzles immediately when added to the pan, add the **coated catfish fillets**. Cook 4 to 5 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Transfer to a serving dish. Carefully discard the oil and wipe out the pan.

5



## Cook the collard greens:

In the pan used to cook the catfish, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic** and **collard greens**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the collard greens have wilted. Transfer to a serving dish.

6



## Make the tartar sauce & serve your dish:

While the collard greens cook, in a bowl, combine the **mayonnaise**, **sweet pickle relish** and **half the parsley**; season with salt and pepper to taste. Serve the **cooked catfish fillets** with the **tartar sauce**, **cooked collard greens** and **mashed sweet potatoes** on the side. Garnish with the **remaining parsley**. Enjoy!