

# Meyer Lemon-Glazed Catfish

*with Ginger Collard Green & Cracked Freekeh Salad*

This classic Southern meal of pan-fried catfish and sautéed collard greens gets a boost from a special ingredient: Meyer lemon. When sliced up and cooked with water and sugar, Meyer lemon—likely a cross between a common lemon and a mandarin orange—becomes tender and tasty (rind and all), while its juice thickens into a tart, sweet glaze. We're using that glaze to top our catfish, finishing off the fillets with delicious brightness. What's more, we're tossing our collard greens with freekeh, a hearty ancient grain.



## Ingredients

2 Catfish Fillets

½ Cup Cracked Freekeh

1 Meyer Lemon

1 Bunch Collard Greens

### Knick Knacks

3 Tablespoons Sugar

2 Tablespoons Rice Flour

1 1-Inch Piece Ginger

¼ Teaspoon Crushed Red Pepper Flakes

Makes 2 Servings

About 500 Calories Per Serving

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





1



## Cook the freekeh:

Heat a large pot of salted water to boiling on high. Once boiling, add the **freekeh** and cook 20 to 22 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



## Prepare the ingredients:

While the freekeh cooks, wash and dry the fresh produce. Peel and mince the ginger. Remove and discard the collard green stems; thinly slice the leaves. Quarter and deseed the lemon, then thinly slice crosswise.

3



## Cook the collard greens:

While the freekeh continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **ginger** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **collard greens** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until the collard greens have wilted; season with salt and pepper to taste. Transfer to a bowl. Wipe out the pan.

4



## Make the glaze:

While the freekeh continues to cook, in the pan used to cook the collard greens, combine the **lemon**, **sugar** and **¼ cup of water**; season with salt and pepper. Cook on medium, stirring occasionally, 5 to 7 minutes, or until the liquid is thickened and syrupy. Transfer to a heatproof bowl; season with salt and pepper to taste. Carefully rinse and dry 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 in the rice flour (tapping off any excess). In the pan used to make the glaze, heat a thin layer of oil on medium-high until hot. Add the fillets, coated sides down, and cook 3 to 5 minutes on the first side, or until lightly browned and crispy. Flip and cook 2 to 3 minutes, or until cooked through. Transfer to a paper towel-lined plate.

6



## Finish & plate your dish:

While the catfish cooks, to the pot of **cooked freekeh**, add the **cooked collard greens** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with olive oil and stir to thoroughly combine; season with salt and pepper to taste. Divide the finished salad and **cooked catfish fillets** between 2 plates. Top the fillets with a few spoonfuls of the **glaze**. Enjoy!