

Crispy Catfish & Yuzu-Kosho Udon

with Snow Peas

Yuzu kosho is a Japanese condiment traditionally made with three simple ingredients: zest from the yuzu (an East Asian sour fruit), chile peppers and salt. This recipe uses its citrusy, spicy flavor, accented by the similar tang of ponzu sauce, in a broth for tender udon noodles and crunchy snow peas. We're serving pan-seared fillets of catfish over the noodles—and garnishing each bowl with a vivid blend of Japanese seasonings.

 **Blue Apron Wine Pairing**
Asilomar Trail Riesling, 2014



Ingredients

2 Catfish Fillets
½ Pound Fresh Udon Noodles
4 Ounces Snow Peas
1 Scallion

Knick Knacks

2 Tablespoons All-Purpose Flour
1 1-Inch Piece Ginger
1 Teaspoon Yuzu Kosho
¼ Cup Ponzu Sauce
1 Teaspoon Togarashi Spice Blend

(Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds)

Makes: 2 servings | **Calories:** about 555 per serving
Prep Time: 10 minutes | **Cook Time:** 15–25 minutes



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Recipe #876

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the ginger. Cut off and discard the root end of the scallion; thinly slice on an angle, separating the white bottom and green top. Snap off and discard the stem ends of the snow peas; pull off and discard the tough string that runs the length of each pod. Cut the snow peas in half on an angle.

2



Cook the aromatics:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **ginger**, **white bottom of the scallion** and **as much of the yuzu kosho as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant.

3



Add the noodles & make the broth:

Using your hands, carefully separate the **noodles**; add the noodles, **ponzu sauce** and **1 cup of water** to the pot of aromatics. Season with salt and pepper. Simmer, stirring occasionally, 4 to 6 minutes, or until thoroughly combined and the noodles are heated through.

4



Coat & cook the catfish:

While the broth simmers, 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 medium pan (nonstick, if you have one), heat 2 teaspoons of olive 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. Flip and cook 2 to 3 minutes, or until cooked through. Remove from heat.

5



Add the snow peas:

While the catfish cooks, add the **snow peas** to the pot of noodles and broth; cook, stirring occasionally, 1 to 2 minutes, or until the snow peas are bright green and tender. Remove from heat and season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished noodles, broth and snow peas** between 2 bowls. Top with the **cooked catfish fillets**. Garnish with the **green top of the scallion** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!