

Crispy Catfish & Potato Salad

with Marinated Tomato, Cucumber & Red Onion

In this easy, warm-weather dish, we're topping pan-fried catfish with a refreshing mix of vegetables marinated in red wine vinegar: crunchy cucumber, early-summer tomato and red onion. (To tame the onion's bite, we're marinating it on its own first, then using it together with the vinegar to infuse the rest of the ingredients.) On the side, we're serving a crowd-pleasing potato salad, dressed with creamy mayonnaise, piquant Dijon mustard, sweet pickle relish and a little parsley for the perfect, hearty complement.

Blue Apron Wine Pairings

Le Pont Vers Le Bar Chinon, 2015

Condesa Patricia Rosé of Tempranillo, 2015



Ingredients

4 Catfish Fillets
1 Cucumber
1 Pound Yukon Gold Potatoes
1 Red Onion
1 Tomato
1 Large Bunch Parsley

Knick Knacks

2 Tablespoons Dijon Mustard
1 Tablespoon Red Wine Vinegar
1/3 Cup Mayonnaise
1/4 Cup All-Purpose Flour
1/4 Cup Sweet Pickle Relish

Makes: 4 servings | **Calories:** about 550 per serving

Prep Time: 15 minutes | **Cook Time:** 15–25 minutes



1



Prepare the ingredients & make the dressing:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Medium dice the potatoes. Halve the cucumber lengthwise; using a spoon, scoop out and discard the seeds. Slice the cucumber crosswise into 1/4-inch-thick pieces. Core and medium dice the tomato. Finely chop the parsley leaves and stems. Peel and thinly slice the onion; place in a bowl with the **vinegar**. In a separate bowl, combine the **mayonnaise**, **mustard**, **pickle relish** and **half the parsley**; season with salt and pepper to taste.

2



Cook the potatoes:

Add the **potatoes** to the pot of boiling water. Cook 8 to 10 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.

3



Coat the catfish:

While the potatoes cook, 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). Transfer to a plate.

4



Cook the catfish:

While the 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 pinch of flour sizzles immediately when added to the pan, add the **coated catfish fillets**, coated sides down. Cook 6 to 8 minutes on the first side, or until golden brown. Flip and cook 2 to 3 minutes, or until lightly browned and cooked through. Transfer to a paper towel-lined plate and immediately season with salt and pepper; set aside in a warm place.

5



Marinate the vegetables:

While the catfish cooks, in a large bowl, combine the **cucumber**, **tomato** and as much of the **onion-vinegar mixture** as you'd like (you may have extra). Drizzle with olive oil and stir to combine; season with salt and pepper to taste. Set aside to marinate, stirring occasionally, for at least 10 minutes.

6



Make the potato salad & serve your dish:

While the vegetables marinate, add **half the dressing** to the pot of **cooked potatoes**; stir to thoroughly combine and season with salt and pepper to taste. Transfer to a serving dish. Just before serving, transfer the **cooked catfish fillets** to a serving dish and top with the **marinated vegetables**. Serve with the potato salad and **remaining dressing** on the side. Garnish with the **remaining parsley**. Enjoy!