

# Spicy Ponzu-Glazed Catfish

*with Zucchini, Garlic Rice & Ginger Peanuts*

As a glaze for tonight's catfish, we're harnessing the complex flavors of two special ingredients: ponzu sauce and sambal oelek. With its tangy, citrusy potency, ponzu sauce stands up to the heat of the red chile paste with uniquely delicious results. Our sides of garlic-infused rice and summer zucchini—sautéed with sesame oil and tossed with crunchy sesame seeds—round out this exciting East Asian-inspired dish.

## Blue Apron Wine Pairings

Sort This Out Cellars Muscat Canelli, 2014  
Château Les Girards Bordeaux White, 2015



## Ingredients

- 2 Catfish Fillets
- $\frac{3}{4}$  Cup White Basmati Rice
- 3 Cloves Garlic
- 2 Scallions
- 1 Zucchini

## Knick Knacks

- 3 Tablespoons Peanuts
- 2 Tablespoons Ponzu Sauce
- 2 Teaspoons Black & White Sesame Seeds
- 1 1-Inch Piece Ginger
- 1 Tablespoon Sambal Oelek
- 1 Tablespoon Sesame Oil

**Makes:** 2 servings | **Calories:** about 725 per serving

**Prep Time:** 10 minutes | **Cook Time:** 25–35 minutes



1



## Prepare the ingredients & make the glaze:

Wash and dry the fresh produce. Peel and mince the garlic. Roughly chop the peanuts. Peel and mince the ginger. Cut the zucchini into ½-inch-thick rounds. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. In a bowl, combine the **ponzu sauce**, **white bottoms of the scallions**, **half the sesame oil**, **1 tablespoon of water** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.

2



## Make the garlic rice:

In a small pot, heat 1 teaspoon of olive oil on medium-high until hot. Add the **garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until fragrant. Add the **rice**, **a big pinch of salt** and **1½ cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork.

3



## Make the ginger peanuts:

While the rice cooks, in a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **peanuts** and **ginger**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned and fragrant. Transfer to a paper towel-lined plate; immediately season with salt and pepper to taste. Wipe out the pan.

4



## Cook the zucchini:

While the rice continues to cook, in the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **zucchini** in a single, even layer; season with salt and pepper. Cook 2 to 3 minutes on the first side, or until browned. Flip and add the **remaining sesame oil**; season with salt and pepper. Cook 2 to 3 minutes, or until browned and fragrant. Transfer to a medium bowl and add **all but a big pinch of the sesame seeds**. Toss to combine and season with salt and pepper to taste; set aside in a warm place. Wipe out the pan.

5



## Cook & glaze the catfish:

While the rice continues to cook, pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets and cook 4 to 6 minutes on the first side, or until lightly browned. Flip and add the **glaze**. Cook, occasionally spooning the glaze over the fillets, 2 to 3 minutes, or until thoroughly coated and cooked through. Remove from heat.

6



## Plate your dish:

Divide the **garlic rice** between 2 dishes. Top with the **glazed catfish fillets** and **cooked zucchini**. Garnish with the **ginger peanuts**, **green tops of the scallions** and **remaining sesame seeds**. Enjoy!