

# Crispy Cajun Catfish

*with Summer Vegetable Salad & Corn on the Cob*

To accompany the zesty spices in our crispy, pan-fried catfish, we're preparing a duo of delicious veggie sides. To make our cooling salad, we're tossing crisp green beans and bright sweet peppers in a creamy, lemony dressing. (These flavors shine best when served at room temperature.) Corn on the cob tossed with basil and a little butter makes another simple, seasonal addition to the meal.

## Blue Apron Wine Pairings

Tanti Petali Pinot Bianco, 2015

Marco Flacco Pinot Grigio, 2014



## Ingredients

- 4 Catfish Fillets
- 2 Ears of Corn
- 2 Summer Sweet Peppers
- 1 Clove Garlic
- 1 Lemon
- $\frac{3}{4}$  Pound Green Beans
- 1 Bunch Basil

## Knick Knacks

- 2 Tablespoons Butter
- $\frac{1}{4}$  Cup Mayonnaise
- $\frac{1}{4}$  Cup Rice Flour
- 1 Tablespoon Cajun Spice Blend

(Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Dried Ground Oregano, Dried Thyme & Cayenne Pepper)

**Makes:** 4 servings | **Calories:** about 540 per serving

**Prep Time:** 15 minutes | **Cook Time:** 20–30 minutes



1



## Prepare the ingredients:

Wash and dry the fresh produce. Remove the butter from the refrigerator. Heat a large pot of salted water to boiling on high. Snap off and discard the green bean stems. Peel and mince the garlic; smash with the side of your knife until it resembles a paste (or use a zester). Quarter and deseed the lemon. Cut out and discard the stems, ribs and seeds of the peppers, then cut crosswise into ¼-inch-thick pieces. Pick the basil off the stems; discard the stems. Remove and discard the corn husks and silks; halve the cobs.

2



## Blanch the green beans:

Add the **green beans** to the pot of boiling water. Cook 5 to 7 minutes, or until bright green and slightly softened. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Refill the pot with salted water and heat to boiling on high.

3



## Make the dressing:

While the green beans cook, in a small bowl, combine the **mayonnaise, garlic paste** and **the juice of all 4 lemon wedges**; season with salt and pepper to taste.

4



## Make the salad:

In a large bowl, combine the **blanched green beans, peppers, half the basil** (tearing just before adding) and as much of the **dressing** as you'd like (you may have extra). Toss to thoroughly coat; season with salt and pepper to taste. Transfer to a serving dish.

5



## Coat & cook the catfish:

On a large plate, combine the **flour** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Pat the **catfish** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the flour-spice blend mixture (tapping off any excess). Transfer to a plate. In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Once hot enough that a pinch of the flour mixture sizzles immediately when added, add the catfish, coated sides down. Cook 3 to 5 minutes on the first side, or until lightly browned. Flip; cook 2 to 3 minutes, or until lightly browned and cooked through. Transfer to the serving dish with the **salad**.

6



## Dress the corn & serve your dish:

While the catfish cooks, add the **corn** to the pot of boiling water and cook 2 to 3 minutes, or until bright yellow and slightly softened. Drain thoroughly and return to the pot. Off the heat, add the **butter** and **remaining basil** (tearing just before adding). Toss to thoroughly coat; season with salt and pepper to taste. Transfer to a serving dish. Serve the **cooked catfish** and **salad** with the dressed corn on the side. Enjoy!