

# Crispy Catfish

*with Kale-Farro Salad & Warm Grape Relish*

This dish ushers in fall with one of the season's finest fruits: Thomcord grapes, a unique cross between the popular Thompson and Concord varieties. With a spectacular consistency for jellies, they also lend themselves beautifully to simple, savory-sweet relishes, like the one for tonight's catfish. We're tossing crunchy almonds with the deliciously juicy grapes—sautéed, for an aromatic touch, in the same oil used to fry our rosemary garnish.



## Blue Apron Wine Pairings

Alma Gitana Grenache, 2014

Santa Barbara Highlands Grenache, 2014



## Ingredients

2 Catfish Fillets  
½ Cup Semi-Pearled Farro  
4 Ounces Thomcord Grapes  
2 Cloves Garlic  
1 Bunch Kale  
1 Lemon  
1 Bunch Rosemary

## Knick Knacks

3 Tablespoons Almonds  
2 Tablespoons All-Purpose Flour  
2 Tablespoons Butter

**Makes:** 2 servings | **Calories:** about 800 per serving

**Prep Time:** 10 minutes | **Cook Time:** 35–45 minutes



For cooking tips & tablet view, visit [blueapron.com/recipes/982](https://blueapron.com/recipes/982)

Recipe #982



1



## Cook the farro:

Heat a large pot of salted water to boiling on high. Once boiling, add the **farro** and cook, uncovered, 16 to 18 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



## Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Remove and discard the kale stems; roughly chop the leaves. Peel and mince the garlic. Pick the rosemary leaves off the stems; discard the stems. Remove and discard any stems from the grapes. Roughly chop the almonds. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.

3



## Cook the kale:

While the farro 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 **kale** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Add **½ cup of water** and cook, stirring occasionally, 3 to 5 minutes, or until the kale has wilted and the water has cooked off; season with salt and pepper to taste. Transfer to a plate. Wipe out the pan.

4



## Fry the rosemary & make the grape relish:

In the same pan, heat a thin layer of oil on medium-high until hot. Once hot enough that a pinch of rosemary sizzles immediately when added, add the **rosemary** in a single layer. Cook, stirring occasionally, 2 to 3 minutes, or until pale green and slightly crispy. Leaving the oil in the pan, using a slotted spoon, transfer the fried rosemary to a paper towel-lined plate; immediately season with salt and pepper. Add the **grapes** to the pan; cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Turn off the heat. Stir in the **almonds** and the **juice of 2 lemon wedges**; season with salt and pepper to taste. Transfer to a bowl. Rinse and wipe out the pan.

5



## Coat & cook the catfish:

Place the **flour** on a plate. Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat in the flour (tapping off any excess). In the same pan, melt the **butter** on medium-high until hot. Add the coated fillets and cook 5 to 6 minutes on the first side, or until browned. Flip and cook 1 to 2 minutes, or until cooked through. Remove from heat.

6



## Make the salad & plate your dish:

While the catfish cooks, add the **cooked kale**, **lemon zest** and the **juice of the remaining lemon wedges** to the pot of **cooked farro**. Drizzle with olive oil and stir to thoroughly combine; season with salt and pepper to taste. Divide the salad and **cooked catfish fillets** between 2 dishes. Top the fillets with the **grape relish**. Garnish with the **fried rosemary**. Enjoy!