

Lemon-Brown Butter Catfish

with Crispy Smashed Potatoes & Creamed Spinach

Tonight's sophisticated steakhouse-style entrée pays tribute to classic American flavors. The star of the dish is beautifully crisped catfish, topped with a delicious brown butter sauce. Chopped almonds play off the nutty flavor of the sauce, while a bit of lemon juice gives it a burst of brightness—complemented by the comforting, woodsy depth of fresh thyme. For a pair of elegant sides, we're serving creamed spinach and Parmesan-topped potatoes, which we're boiling, smashing and browning to develop a creamy interior and crisp exterior.

Blue Apron Wine Pairings

Wellington Farms Chardonnay, 2015

Lyrup Chardonnay, 2015



Ingredients

- 4 Catfish Fillets
- 3 Cloves Garlic
- 1½ Pounds Spinach
- 1 Lemon
- 1 Pound Yukon Gold Potatoes
- 1 Bunch Thyme

Knick Knacks

- 3 Tablespoons All-Purpose Flour
- 3 Tablespoons Almonds
- 2 Tablespoons Butter
- ½ Cup Grated Parmesan Cheese
- ¼ Cup Sour Cream

Makes: 4 servings | **Calories:** about 580 per serving

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



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp352

1



Cook & smash the potatoes:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Once boiling, add the **potatoes** and cook 18 to 20 minutes, or until just tender when pierced with a fork. Drain thoroughly and transfer to a clean, dry work surface. When cool enough to handle, using the flat side of your knife, carefully smash each cooked potato once to flatten. Wipe out the pot.

2



Prepare the ingredients:

While the potatoes cook, pick the thyme leaves off the stems; discard the stems. Roughly chop the almonds. Quarter and deseed the lemon. Peel and finely chop the garlic.

3



Cook & drain the spinach:

While the potatoes continue to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Working in batches, add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes per batch, or until wilted. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid. Transfer the drained spinach to a cutting board; finely chop. Wipe out the pan.

4



Brown the potatoes:

In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **smashed potatoes** in a single layer; season with salt and pepper. Cook 3 to 5 minutes on the first side, or until browned. Flip and cook 2 to 3 minutes, or until browned and crispy. Transfer to a plate; immediately top with **half the cheese**. Set aside in a warm place. Wipe out the pan.

5



Cook the catfish & make the sauce:

Place the **flour** on a plate. Pat the **catfish fillets** dry with paper towels; season on both sides with salt and pepper. Coat 1 side of each seasoned fillet in the flour (tapping off any excess). Transfer to a plate. In the same pan, melt the **butter** on medium-high until hot. Add the fillets, coated sides down, and cook 3 to 5 minutes on the first side, or until browned. Flip and add the **thyme, almonds** and the **juice of all 4 lemon wedges** to the pan. Cook, occasionally spooning the sauce over the fillets, 2 to 3 minutes, or until the catfish is lightly browned and cooked through. Remove from heat.

6



Make the creamed spinach & plate your dish:

While the catfish cooks, in the pot used to cook the potatoes, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic**; cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **chopped spinach, sour cream** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until heated through. Turn off the heat. Stir in the **remaining cheese**. Divide the creamed spinach, **browned potatoes** and **cooked catfish fillets** between 4 dishes. Top the fillets with a few spoonfuls of the **sauce** from the pan. Enjoy!