

Crispy Catfish

with Dressed Root Vegetables

For tonight's dish, we're making a stunning sauté from a seasonal duo of sweet carrot and delicately earthy parsnip. For a dash of piquant, creamy flavor, we're dressing the warm vegetables in an irresistible sauce made from a combination of Dijon mustard and mayonnaise, plus apple cider vinegar and parsley. The sauce's delicious richness also tames the bold, smoky spices we're using to coat our pan-seared catfish.

Blue Apron Wine Pairings

Rice Family Vineyards Pinot Gris, 2015

Los Alamos View Sauvignon Blanc, 2014



Ingredients

- 2 Catfish Fillets
- 1 Carrot
- 1 Parsnip
- 1 Red Onion
- 1 Bunch Parsley

Knick Knacks

- 3 Tablespoons Creamy Mustard Sauce
- 3 Tablespoons Rice Flour
- 1 Tablespoon Apple Cider Vinegar
- 1 Tablespoon Crispy Catfish Spice Blend
(Smoked Paprika, Garlic Powder, Onion Powder & Cayenne Pepper)

Makes: 2 servings

Prep Time: 10 minutes | **Cook Time:** 15–25 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/1030

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel the carrot; thinly slice on an angle. Peel the parsnip; halve lengthwise, then thinly slice on an angle. Peel and thinly slice the onion. Pick the parsley leaves off the stems; discard the stems and roughly chop $\frac{3}{4}$ of the leaves, keeping the remaining leaves whole.

2



Cook the vegetables:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrot, parsnip and onion**; season with salt and pepper. Cook, stirring occasionally, 7 to 9 minutes, or until softened and fragrant. Add **half the vinegar** and cook, stirring occasionally, 30 seconds to 1 minute, or until thoroughly combined. Transfer to a bowl and season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

3



Make the sauce:

While the vegetables cook, in a small bowl, combine the **creamy mustard sauce, chopped parsley** and **remaining vinegar**; season with salt and pepper to taste.

4



Coat & cook the catfish:

While the vegetables continue to cook, on a 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 fillets** dry with paper towels and season with salt and pepper on both sides. Thoroughly coat 1 side of each seasoned fillet in the flour-spice blend mixture (tapping off any excess). In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated fillets, coated sides down, and cook 3 to 5 minutes per side, or until golden brown and cooked through. Remove from heat.

5



Dress the vegetables & plate your dish:

Add the **sauce** to the bowl of **cooked vegetables**; stir to coat. Season with salt and pepper to taste. Divide the dressed vegetables between 2 dishes. Top with the **cooked catfish fillets**. Garnish with the **whole parsley leaves**. Enjoy!