

Paprika-Spiced Catfish

with Cabbage Slaw & Roasted Purple Potato Wedges

Just in time for the start of winter, we're brightening up the kitchen with a light, refreshing seafood dinner. We're coating our catfish fillets with a zesty blend of Southern spices, then basting them in butter (or spooning foaming butter over them as they cook in the pan) for extra richness. A crunchy slaw—elevated by a snappy dressing of creamy mustard sauce and sweet pickle relish—makes for a fantastic counterpoint to the fish.

Blue Apron Wine Pairings

Westmount Pinot Gris, 2015
Vinum Riesling, 2015
Scharf Farms Pinot Gris, 2015



Ingredients

- 4 Catfish Fillets
- 2 Tablespoons Sweet Pickle Relish
- 2 Scallions
- 2 Stalks Celery
- 1 Pound Green Cabbage
- 1 Pound Purple Potatoes

Knick Knacks

- 2 Tablespoons Butter
- ¼ Cup Creamy Mustard Sauce
- ¼ Cup Catfish Spice Blend
(Rice Flour, Sweet Paprika, Garlic Powder, Ancho Chile Powder & Onion Powder)

Makes: 4 servings

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Halve the potatoes lengthwise; cut into 1-inch-wide wedges. Cut out and discard the cabbage core; thinly slice the leaves. Small dice the celery. Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.

2



Roast the potatoes:

Place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

3



Make the slaw:

While the potatoes roast, in a large bowl, combine the **cabbage**, **celery**, **white bottoms of the scallions**, **sweet pickle relish** and **creamy mustard sauce**; season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

4



Coat the catfish:

While the slaw marinates, place the **spice blend** on a plate. Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat 1 side of each seasoned fillet in the spice blend (tapping off any excess). Transfer to a separate plate.

5



Cook the catfish & plate your dish:

Once the potatoes have roasted for about 15 minutes, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **coated catfish fillets**, coated sides down, and cook 4 to 6 minutes on the first side, or until lightly browned. Flip and add the **butter**. Once foaming, cook, occasionally spooning the butter over the fillets, 2 to 3 minutes, or until coated and cooked through. Divide the **roasted potatoes**, **slaw** and cooked fillets between 4 dishes. Garnish the potatoes and catfish with the **green tops of the scallions**. Enjoy!