

Lemon-Caper Catfish

with Spiced Lentils & Collard Greens

Tonight's gourmet dinner has plenty of comforting, cold-weather appeal. We're dressing up catfish with a citrusy, briny sauce of lemon and capers—which perfectly brightens up hearty lentils and collard greens. And for extra depth of flavor, we're adding ras el hanout to our vegetables and lentils—a fragrant and complex Moroccan spice blend that evokes the warming notes of cinnamon, coriander, black pepper and cumin.

Blue Apron Wine Pairings

Westmount Pinot Gris, 2015

Airfield Estates Chardonnay, 2015



Ingredients

2 Catfish Fillets
½ Cup Black Lentils
1 Bunch Collard Greens
1 Lemon
1 Yellow Onion

Knick Knacks

3 Tablespoons Rice Flour
2 Tablespoons Butter
2 Teaspoons Ras el Hanout
1 Tablespoon Capers

Makes: 2 servings

Prep Time: 15 minutes | **Cook Time:** 35–45 minutes

1



Cook the lentils:

Heat a large pot of salted water to boiling on high. Once boiling, add the **lentils** and cook, uncovered, 24 to 26 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot. Set aside in a warm place.

2



Prepare the ingredients:

While the lentils cook, wash and dry the fresh produce. Peel and thinly slice the onion. Remove and discard the collard green stems; roughly chop the leaves. Roughly chop the capers. 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 collard greens:

While the lentils continue to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion** and **as much of the ras el hanout as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened and fragrant. Add the **collard greens**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly wilted. Add **½ cup of water** and cook, stirring frequently, 4 to 5 minutes, or until the collard greens have wilted and the water has cooked off. Transfer to a bowl; season with salt and pepper to taste. Wipe out the pan.

4



Coat & brown 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 1 side of each seasoned fillet in the flour (tapping off any excess); transfer to a separate plate. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated catfish fillets, coated sides down, and cook 5 to 7 minutes on the first side, or until lightly browned. Flip and add the **butter**; cook 1 to 2 minutes, or until the catfish is lightly browned and almost cooked through.

5



Finish the catfish & make the sauce:

Add the **capers** and the **juice of 3 lemon wedges** to the pan; season with salt and pepper. Cook, occasionally spooning the sauce over the fillets, 1 to 2 minutes, or until the catfish is cooked through. Remove from heat and set aside in a warm place.

6



Finish the lentils & plate your dish:

Stir the **cooked collard greens**, **lemon zest** and the **juice of the remaining lemon wedge** into the pot of **cooked lentils**. Cook on medium, stirring frequently, 1 to 2 minutes, or until thoroughly combined and heated through. Remove from heat; season with salt and pepper to taste. Divide the finished lentils and **finished catfish fillets** between 2 dishes. Top the catfish with the **sauce**. Enjoy!