

Cajun Catfish & Spiced Rice

with Collard Greens & Mushrooms

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 2

In Cajun cooking, hearty, spicy rice dishes are a delectable essential. We're livening up our rice with pickled sweet peppers and classic spices, including smoked paprika, ground yellow mustard and a dash of cayenne. (Toasted along with the spices, tomato paste brings a balancing tang to the rice.) It makes for a perfect accompaniment to collard greens and catfish, topped off with a buttery sauté of cremini mushrooms, garnished with green onions.



BLUE APRON WINE PAIRING:

Cave de Thiezé Coteaux
Bourguignons, 2014

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Ingredients



2
CATFISH FILLETS



1/2 cup
LONG GRAIN
WHITE RICE



4 oz
CREMINI
MUSHROOMS



1 oz
SWEET PIQUANTÉ
PEPPERS



1 bunch
COLLARD GREENS



2
SCALLIONS



3 cloves
GARLIC

KNICK KNACKS:



2 Tbsp
BUTTER



2 Tbsp
TOMATO PASTE



1 Tbsp
APPLE CIDER
VINEGAR



1 Tbsp
CAJUN SPICE
BLEND



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ Thinly slice the peppers.
- ☐ Peel and mince the garlic.
- ☐ Remove and discard the collard green stems; roughly chop the leaves.
- ☐ Thinly slice the mushrooms.

2 Make the spiced rice:

- ☐ In a small pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **white bottoms of the scallions, peppers, half the garlic** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **tomato paste** and cook, stirring frequently, 1 to 2 minutes, or until dark red and fragrant. Add the **rice, a big pinch of salt** and **1 cup of water**. Heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 18 to 20 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork; season with salt and pepper to taste.

3 Cook the collard greens:

- ☐ While the rice cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **collard greens** and **remaining garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly wilted. Add **½ cup of water** and cook, stirring occasionally, 3 to 5 minutes, or until the collard greens have wilted and the water has cooked off. Add **half the vinegar** and cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Transfer to a plate; season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

4 Cook the mushrooms:

- ☐ While the rice continues to cook, in the same pan, heat 1 teaspoon of olive oil on medium-high until hot. Add the **mushrooms** and cook, stirring occasionally, 3 to 4 minutes, or until browned. Add the **butter**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until melted. Add the **remaining vinegar** and **half the green tops of the scallions**. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Transfer to a plate; season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

5 Cook the catfish:

- ☐ Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets and cook 4 to 6 minutes on the first side, or until browned. Flip and cook 2 to 4 minutes, or until lightly browned and cooked through. Turn off the heat.

6 Plate your dish:

- ☐ Divide the **spiced rice, cooked collard greens** and **cooked catfish fillets** between 2 dishes. Top the catfish with the **cooked mushrooms**. Garnish with the **remaining green tops of the scallions**. Enjoy!

