

Catfish Katsu & Yakiniku Sauce

with Sesame Cabbage & Jasmine Rice

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 4

Katsu is a Japanese cooking technique where thin cuts of fish or meat are breaded and traditionally deep-fried. We're applying this technique to catfish fillets: breading them with panko—known for its airy crunch—and lightly pan-frying them. Carrots, cabbage and scallions, lightly sautéed and seasoned with nutty sesame oil, make for a refreshing counterpoint to our catfish. As a garnish, we're marinating crisp radish in yakiniku sauce, a sweet and savory soy-based sauce with a fruity twist. (Chefs, be sure to drizzle the sauce generously over the fillets just before serving.)



BLUE APRON WINE PAIRING:

Kōtuku Sauvignon Blanc, 2016

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Ingredients



4
CATFISH FILLETS



2
CAGE-FREE FARM EGGS



3/4 cup
JASMINE RICE



3 oz
RADISHES



1/2 cup
RICE FLOUR



2
CARROTS



2
SCALLIONS



1 lb
GREEN CABBAGE



1 cup
PANKO BREADCRUMBS

KNICK KNACKS:



3 Tbsp
YAKINIKU SAUCE



2 Tbsp
SESAME OIL



1 tsp
FURIKAKE



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the ends of the radishes; halve lengthwise, then thinly slice crosswise.
- ☐ Peel the carrots; thinly slice on an angle.
- ☐ Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Cut out and discard the cabbage core; thinly slice the leaves.
- ☐ Crack the eggs into a medium bowl; beat until smooth.

2 Cook the rice:

- ☐ In a medium pot, combine the **rice**, a **big pinch of salt** and **1 ½ cups of water**. Heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff the cooked rice with a fork. Transfer to a serving dish and set aside in a warm place.

3 Marinate the radishes:

- ☐ While the rice cooks, in a medium bowl, combine the **radishes** and **yakiniku 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 Cook the vegetables:

- ☐ While the radishes marinate, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **carrots** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened. Add the **cabbage**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly wilted. Add **¼ cup of water** and cook, stirring occasionally, 5 to 6 minutes, or until the water has cooked off.
- ☐ Turn off the heat and stir in the **sesame oil**; season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place. Rinse and wipe out the pan.

5 Bread the catfish:

- ☐ While the vegetables cook, place the **flour** and **breadcrumbs** on 2 separate plates; season with salt and pepper. Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Working 1 piece at a time, thoroughly coat the seasoned fillets in the flour (tapping off any excess), then in the **beaten eggs** (letting the excess drip off), then in the breadcrumbs (pressing to adhere). Transfer to a plate.

6 Cook the catfish & serve your dish:

- ☐ In the same pan, heat a thin layer of oil on medium-high until hot. Once hot enough that a few breadcrumbs sizzle immediately when added to the pan, working in batches if necessary, add the **breaded catfish fillets**. Cook 3 to 4 minutes per side, or until browned and cooked through. Transfer to the serving dish of **cooked vegetables**.
- ☐ Garnish the cooked catfish fillets with the **marinated radishes** (reserving the **yakiniku sauce** before adding) and **green tops of the scallions**. Garnish the rice with the **furikake**. Serve with the reserved yakiniku sauce on the side. Enjoy!