

# Crispy Catfish & Creamy Lemon-Caper Sauce

*with Broccoli & Farro Salad*

**PREP TIME:** 15 minutes

**COOK TIME:** 25-35 minutes

**SERVINGS:** 4

Tonight, a creamy lemon-caper sauce ties together all the flavors of our easy, wholesome dish. We're simply stirring capers and lemon juice into mayonnaise for pleasant brininess and acidity to cut through the richness of our crispy catfish. Served with the catfish, a lemon and olive oil-dressed salad of hearty farro and broccoli rounds it all out with more exciting textures.



## BLUE APRON WINE PAIRING:

DeSante "L'Atelier" White Wine, 2016

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## Ingredients



4  
CATFISH FILLETS



¾ cup  
SEMI-PEARLED  
FARRO



3 cloves  
GARLIC



1 lb  
BROCCOLI



1  
LEMON

## KNICK KNACKS:



1 ½ Tbsp  
CAPERS



¼ cup  
MAYONNAISE



2 Tbsp  
ALL-PURPOSE  
FLOUR



1  
SHALLOT



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## 1 Prepare the ingredients & make the sauce:

- ☐ Wash and dry the fresh produce.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Cut the broccoli into florets.
- ☐ Peel and thinly slice the shallot.
- ☐ Peel and roughly chop the garlic.
- ☐ Roughly chop the capers.
- ☐ Quarter and deseed the lemon.
- ☐ In a bowl, combine the **mayonnaise**, **capers** and **the juice of 1 lemon wedge**; season with salt and pepper to taste.



## 2 Cook the farro:

- ☐ Add the **farro** to the pot of boiling water and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.



## 3 Cook the broccoli:

- ☐ While the farro cooks, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **broccoli**; season with salt and pepper. Cook, stirring occasionally, 10 to 12 minutes, or until browned and softened.



## 4 Add the aromatics:

- ☐ Add the **shallot** and **garlic** to the pan; season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook on medium-high, stirring frequently, 2 to 3 minutes, or until lightly browned and fragrant. Transfer to a bowl and set aside in a warm place. Season with salt and pepper to taste.



## 5 Coat & cook the catfish:

- ☐ While the farro continues to cook, place the **flour** on a plate. Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the flour (tapping off any excess).
- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the fillets, coated sides down. Cook 5 to 7 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until lightly browned and cooked through.



## 6 Finish the farro & serve your dish:

- ☐ While the catfish cooks, to the pot of **cooked farro**, add the **cooked broccoli**, **the juice of the remaining lemon wedges** and a drizzle of olive oil. Stir to thoroughly combine and season with salt and pepper to taste.
- ☐ Divide the finished farro among 4 dishes. Top with the **cooked catfish fillets**. Serve with the **sauce** on the side. Enjoy!