

Crispy Catfish & Sweet Potato Fries

with Spinach & Tartar Sauce

PREP TIME: 10 minutes

COOK TIME: 30-40 minutes

SERVINGS: 4

Tonight's recipe puts a lighter, more colorful spin on classic fish and chips. We're pairing crispy catfish—coated in flour, eggs, and panko breadcrumbs, then pan-fried—with oven-roasted sweet potato “fries.” Served on the side, our tartar sauce combines mayonnaise with pickle relish and lemon-marinated shallot for a creamy, tangy condiment that perfectly cuts through the richness of the fish.



BLUE APRON WINE PAIRING:

Dancing Crow Sauvignon Blanc, 2016

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Ingredients



4
CATFISH FILLETS



2
CAGE-FREE FARM
EGGS



1
LEMON



1 lb
SPINACH



1 lb
SWEET POTATOES



1/2 cup
ALL-PURPOSE
FLOUR

KNICK KNACKS:



1 cup
PANKO
BREADCRUMBS



1 Tbsp
SWEET PICKLE
RELISH



1
SHALLOT



1/4 cup
MAYONNAISE



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1 Prepare the ingredients:

- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the sweet potatoes lengthwise into 1/2-inch-thick sticks.
- ☐ Quarter and deseed the lemon.
- ☐ Peel the shallot and mince to get 2 tablespoons (you may have extra); place in a bowl with **the juice of 1 lemon wedge**. Season with salt and pepper.

2 Roast the sweet potatoes:

- ☐ Place the **sweet 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.
- ☐ Roast, flipping halfway through, 22 to 24 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.

3 Cook & drain the spinach:

- ☐ While the sweet potatoes roast, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Working in batches, add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes per batch, or until wilted.
- ☐ Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid.
- ☐ Transfer to a bowl and add **the juice of 1 lemon wedge**. Stir to thoroughly combine; season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

4 Bread the catfish:

- ☐ While the sweet potatoes continue to roast, crack the **eggs** into a medium bowl; beat until smooth. Season with salt and pepper. Place the **flour** and **breadcrumbs** on 2 separate plates. Season each with salt and pepper. Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ Working 1 at a time, thoroughly coat the seasoned catfish fillets in the flour (tapping off any excess), then in the beaten eggs (letting any excess drip off), then in the breadcrumbs (pressing to adhere). Transfer to a separate plate.

5 Cook the catfish:

- ☐ While the sweet potatoes continue to roast, in the same pan, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a pinch of breadcrumbs sizzles 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 golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

6 Make the tartar sauce & serve your dish:

- ☐ While the catfish cooks, in a bowl, combine the **mayonnaise**, **pickle relish**, and **shallot-lemon juice mixture**. Season with salt and pepper to taste.
- ☐ Divide the **seasoned spinach**, **roasted sweet potatoes**, and **cooked catfish fillets** among 4 dishes. Serve with the tartar sauce and **remaining lemon wedges** on the side. Enjoy!

