

# Nashville-Style Hot Catfish

with Red Cabbage, Apple, & Pecan Slaw

**PREP TIME:** 10 minutes

**COOK TIME:** 20-30 minutes

**SERVINGS:** 2

Tonight, we're serving up catfish inspired by a Southern favorite: Nashville "hot chicken," fried and glazed with deliciously spicy flavors. To give our pan-fried catfish plenty of heat, we're using a bold blend of spices (including cayenne pepper and ground pink peppercorns) in two ways: combined with flour to coat the catfish, and whisked together with olive oil to glaze it. On the side, a creamy, crunchy slaw balances it all out with refreshing flavor and texture.



#### BLUE APRON WINE PAIRING:

Jon E Vino St. Laurent, 2015

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## Ingredients



2  
CATFISH FILLETS



2  
SCALLIONS



1  
GALA APPLE



1/2 lb  
RED CABBAGE

#### KNICK KNACKS:



3 Tbsp  
MAYONNAISE



1 Tbsp  
RICE VINEGAR



1 Tbsp  
CATFISH SPICE  
BLEND\*



2 Tbsp  
ROASTED PECANS



1 Tbsp  
SUGAR



3 Tbsp  
ALL-PURPOSE  
FLOUR

\* Sweet Paprika, Garlic Powder, Cayenne Pepper, Ground Chipotle Pepper, Onion Powder, Ground Pink Peppercorns, & Ground Cumin



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### 1 Prepare the ingredients:

- Wash and dry the fresh produce.
- Cut out and discard the cabbage core; thinly slice the leaves.
- Core and thinly slice the apple.
- Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- Roughly chop the pecans.

### 2 Make the slaw:

- In a large bowl, combine the **cabbage, apple, vinegar, sugar, mayonnaise,** and **white bottoms of the scallions.** Season with salt and pepper.
- Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



### 3 Make the spicy oil:

- While the slaw marinates, in a bowl, whisk together **1 tablespoon of olive oil** and **up to 2/3 of the spice blend,** depending on how spicy you'd like the dish to be. Season with salt and pepper.

### 4 Coat the catfish:

- While the slaw continues to marinate, on a plate, combine the **flour** and **as much of the remaining spice blend as you'd like,** depending on how spicy you'd like the dish to be.
- Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned fillets in the flour-spice blend mixture (tapping off any excess). Transfer to a separate plate.



### 5 Cook & glaze the catfish:

- While the slaw continues to marinate, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- Add the **coated catfish fillets** and cook 3 to 5 minutes on the first side, or until browned.
- Flip and add the **spicy oil.** Cook, occasionally spooning the oil over the fillets, 3 to 5 minutes, or until the catfish is glazed and cooked through. Turn off the heat.



### 6 Finish the slaw & plate your dish:

- Add the **pecans** to the bowl of **slaw;** stir to combine.
- Divide the finished slaw and **glazed catfish fillets** between 2 dishes. Garnish the catfish with the **green tops of the scallions.** Enjoy!