

Catfish Almondine

with Roasted Asparagus & Rice

PREP TIME: 10 minutes

COOK TIME: 20-30 minutes

SERVINGS: 4

“Almondine” comes from a French term that simply means “topped with almonds.” It’s a classic preparation for mild white fish featuring a sauce of almonds, brown butter, and lemon juice. Here, the sauce lends our tender catfish fillets a delicious richness, as well as a bit of contrasting crunch. For a seasonal touch, we’re swapping in roasted asparagus for the traditional side of green beans.



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Light & Fresh

Serve a bottle with this symbol for a great pairing.



Ingredients



4
CATFISH FILLETS



1 cup
LONG GRAIN
WHITE RICE



1 bunch
PARSLEY

Did You Know?
Adding parsley at
the end of cooking
highlights its fresh,
herbal flavor.



1 bunch
ASPARAGUS



1
LEMON

KNICK KNACKS:



4 Tbsp
BUTTER



3 Tbsp
ROASTED
ALMONDS



1/4 cup
ALL-PURPOSE
FLOUR



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1 Prepare the ingredients:

- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the tough, woody stem ends of the asparagus; halve crosswise.
- ☐ Quarter and deseed the lemon.
- ☐ Roughly chop the parsley leaves and stems.
- ☐ Roughly chop the almonds.

2 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt**, and **2 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. Set aside in a warm place.

3 Roast the asparagus:

- ☐ While the rice cooks, place the **asparagus** 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 5 to 7 minutes, or until browned and tender when pierced with a fork.
- ☐ Remove from the oven. Top with **the juice of 1 lemon wedge**; carefully stir to coat. Season with salt and pepper to taste. Set aside in a warm place.

4 Coat & cook the catfish:

- ☐ While the rice 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. Thoroughly coat 1 side of each seasoned fillet in the flour (tapping off any excess).
- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the fillets, coated side down, and cook 3 to 5 minutes on the first side, or until lightly browned.
- ☐ Flip the fillets and cook 2 to 3 minutes, or until lightly browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate and set aside in a warm place.

5 Make the sauce:

- ☐ Add the **butter** to the pan of reserved fond. Cook on medium-high, stirring frequently and swirling the pan, 2 to 3 minutes, or until browned and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.)
- ☐ Turn off the heat; stir in **the juice of the remaining lemon wedges**, the **parsley**, and the **almonds**. Season with salt and pepper to taste.

6 Serve your dish:

- ☐ Divide the **cooked rice** among 4 dishes. Top with the **cooked catfish fillets** and **roasted asparagus**. Top the catfish with the **sauce**. Enjoy!

