

Potato-Crusted Catfish & Garlic Chive Sauce

with Summer Squash & Arugula Salad

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 4

Tonight, we're coating our catfish fillets with an exciting ingredient: potato flakes. They crisp up beautifully in the pan, resulting in a delicately crunchy crust. For the perfect complement, we're serving the catfish alongside a tangy, aromatic sauce made with sour cream and garlic chives. A satisfying salad of arugula, pickled sweet peppers, and tender summer squash rounds it all out on a seasonal note. (You may receive green or grey zucchini, or yellow squash.)



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Ingredients



4
CATFISH FILLETS



1 cup
POTATO FLAKES



2
CAGE-FREE
FARM EGGS



6 oz
SWEET PEPPERS



1/3 cup
ROASTED
ALMONDS



1 oz
PITTED NIÇOISE
OLIVES



1/3 cup
ALL-PURPOSE
FLOUR



2 oz
ARUGULA



2
SUMMER SQUASH



1/2 bunch
GARLIC CHIVES

KNICK KNACKS:



2 Tbsp
SHERRY VINEGAR



1 Tbsp
SUGAR



1/4 cup
SOUR CREAM



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1 Prepare the ingredients & make the garlic chive sauce:

- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the squash.
- ☐ Cut off and discard the pepper stems; quarter the peppers lengthwise. Remove and discard the ribs and seeds.
- ☐ Roughly chop the olives.
- ☐ Roughly chop the almonds.
- ☐ Thinly slice the garlic chives. Transfer to a bowl; add the **sour cream** and a drizzle of olive oil. Stir to thoroughly combine; season with salt and pepper to taste.



2 Roast the squash:

- ☐ Place the **squash** 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, stirring halfway through, 12 to 14 minutes, or until lightly browned and softened. Remove from the oven and set aside in a warm place.

3 Pickle the peppers:

- ☐ While the squash roast, in a small pot, combine the **peppers, vinegar, sugar, a pinch of salt**, and **½ cup of water**. Heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to medium-high. Cook, without stirring, 6 to 8 minutes, or until the peppers are slightly softened.
- ☐ Remove from heat. Set aside to cool, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



4 Coat the catfish:

- ☐ While the peppers cool, crack the **eggs** into a large bowl; season with salt and pepper. Beat until smooth. Place the **flour** and **potato flakes** on 2 separate large 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 piece at a time, thoroughly coat the seasoned fillets in the flour (tapping off any excess), then in the beaten eggs (letting any excess drip off), then in the potato flakes (pressing to adhere). Transfer to a separate plate.

5 Cook the catfish:

- ☐ In a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot.
- ☐ Working in batches if necessary, add the **coated catfish fillets** and cook 3 to 4 minutes per side, or until browned and cooked through. (If the pan seems dry, add 1 teaspoon of olive oil before flipping.) Transfer to a paper towel-lined plate. Immediately season with salt and pepper.



6 Make the salad & serve your dish:

- ☐ While the catfish cooks, reserving **half the pickling liquid**, drain the **pickled peppers**. In a large bowl, combine the **roasted squash, olives, almonds, arugula**, pickled peppers, reserved pickling liquid, and **1 tablespoon of olive oil**. Toss to thoroughly combine; season with salt and pepper to taste.
- ☐ Divide the salad and **cooked catfish fillets** among 4 dishes. Serve with the **garlic chive sauce** on the side. Enjoy!