

# Crispy Spiced Catfish & Potato Salad

with Cabbage, Apple,  
& Pecan Slaw

**TIME:** 35-45 minutes

**SERVINGS:** 4

Tonight, we're seasoning our catfish with a savory, smoky spice blend, breading it, and then pan-frying it for a crispy exterior. To balance the catfish, we're making a creamy, tangy slaw of thin-sliced red cabbage and green apple, which adds welcome crunch and gorgeous color to the dish. A salad of roasted potato and bell pepper rounds it all out with delicious heartiness. (Your bell pepper may be green, purple, or even have streaks of red!)



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## Ingredients



4  
CATFISH FILLETS



2  
CAGE-FREE  
FARM EGGS



3/4 cup  
PLAIN  
BREADCRUMBS



2  
SCALLIONS



2 Tbsps  
RED WINE  
VINEGAR



1/4 cup  
MAYONNAISE



1/3 cup  
CATFISH SPICE  
BLEND\*



1 1/2 lbs  
YUKON GOLD  
POTATOES



1  
GRANNY SMITH  
APPLE



1  
BELL PEPPER



1/2 lb  
RED CABBAGE



2 Tbsps  
SWEET PICKLE  
RELISH



1/4 cup  
ROASTED PECANS

\* All-Purpose Flour, Dried Parsley, Mustard Powder, & Smoked Paprika



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## 1 Prepare & roast the vegetables:

- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the **potatoes** and **pepper**.
- ☐ Medium dice the potatoes. Place on a sheet pan.
- ☐ Cut off and discard the pepper stem. Halve the pepper lengthwise, then remove and discard the ribs and seeds. Thinly slice lengthwise. Place in a bowl.
- ☐ Drizzle the potatoes and pepper with olive oil and season with salt and pepper. Toss to coat. Arrange the potatoes in a single layer on the sheet pan. Roast 9 to 11 minutes, or until lightly browned. Leaving the oven on, remove the browned potatoes from the oven.
- ☐ Carefully add the pepper to the sheet pan; toss to combine. Return to the oven and roast 9 to 11 minutes, or until browned and tender when pierced with a fork. Remove from the oven. Transfer to a large bowl.

## 2 Prepare the remaining ingredients:

- ☐ While the potatoes roast, wash and dry the remaining fresh produce.
- ☐ Cut out and discard the cabbage core; thinly slice the leaves. Place in a large bowl.
- ☐ Core and thinly slice the apple.
- ☐ Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Roughly chop the pecans.

## 3 Make the slaw:

- ☐ While the vegetables roast, to the bowl of **cabbage**, add the **apple**, **white bottoms of the scallions**, **mayonnaise**, **pickle relish**, and **half the vinegar**. Season with salt and pepper. Toss to combine. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

## 4 Bread the catfish:

- ☐ While the slaw marinates, crack the **eggs** into a large bowl; season with salt and pepper and beat until smooth. Place the **spice blend** and **breadcrumbs** 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 spice blend (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:

- ☐ In a large pan (nonstick, if you have one), 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 browned and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

## 6 Make the potato salad & serve your dish:

- ☐ While the catfish cooks, add the **remaining vinegar** and a drizzle of olive oil to the bowl of **roasted vegetables**. Stir to combine; season with salt and pepper to taste. Transfer to a serving dish. Garnish with the **green tops of the scallions**.
- ☐ Divide the **cooked catfish fillets** and **slaw** among 4 dishes. Garnish the slaw with the **pecans**. Serve with the potato salad on the side. Enjoy!