

Crispy Buttermilk Catfish

with Kale & Roasted Sweet Potatoes

TIME: 25-35 minutes

SERVINGS: 2

To get the deliciously crispy crust on tonight's Southern-style catfish, we're coating our fillets three times: first, in a zesty spice blend featuring paprika, coriander, and flour, then in buttermilk, then again in the spice blend. They make fitting centerpiece to sides of roasted sweet potato rounds and sautéed kale. (You may receive crinkly lacinato kale, green curly kale, or purple-stemmed red russian kale!) A creamy sauce made from mayonnaise, vinegar, and sweet pickle relish is perfect for drizzling over the catfish and sweet potatoes.



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Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



2
CATFISH FILLETS



2
SCALLIONS



1 bunch
KALE



1 lb
SWEET POTATOES

KNICK KNACKS:



2 Tbsps
SWEET PICKLE
RELISH



1/4 cup
BUTTERMILK



2/3 cup
CATFISH SPICE
BLEND*



1 Tbsp
APPLE CIDER
VINEGAR



1/4 cup
MAYONNAISE

* All-Purpose Flour, Sweet Paprika, Ground Fennel, Ground Coriander, Cayenne, & Ground Sage



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1 Prepare & roast the sweet potatoes:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the **sweet potatoes**; cut crosswise into 1/4-inch-thick rounds.
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single layer.
- ☐ Roast 20 to 22 minutes, or until tender when pierced with a fork. Remove from the oven.

2 Prepare the remaining ingredients & make the sauce:

- ☐ While the sweet potatoes roast, wash and dry the remaining fresh produce.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ Remove and discard the kale stems; roughly chop the leaves.
- ☐ In a bowl, combine the **mayonnaise**, **pickle relish**, and **half the vinegar**. Season with salt and pepper to taste.

3 Cook the kale:

- ☐ While the sweet potatoes continue to roast, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- ☐ Add the **kale**; cook, stirring frequently, 1 to 2 minutes, or until slightly wilted.
- ☐ Add 1/4 **cup of water**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the kale has wilted and the water has cooked off.
- ☐ Turn off the heat and stir in the **remaining vinegar**. Transfer to a bowl. Season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

4 Coat the catfish:

- ☐ While the kale cooks, place the **spice blend** on a plate. Place the **buttermilk** in a medium bowl; season 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 buttermilk (letting any excess drip off), then again in the spice blend (pressing to adhere). Transfer to a separate plate.

5 Cook the catfish:

- ☐ 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 spice blend sizzles immediately when added to the pan, add the **coated catfish fillets**.
- ☐ Cook 3 to 5 minutes per side, or until golden brown and cooked through.
- ☐ Transfer to a paper towel-lined plate; immediately season with salt and pepper.

6 Plate your dish:

- ☐ Divide the **cooked catfish fillets**, **cooked kale**, and **roasted sweet potatoes** between 2 dishes. Serve with the **sauce** on the side. Garnish with the **green tops of the scallions**. Enjoy!