

# Crispy Buttermilk Catfish

with Roasted Delicata Squash

TIME: 35-45 minutes

SERVINGS: 2

To achieve the deliciously crispy crust on tonight's Southern-style catfish, we're coating our fillets three times: first, in a zesty blend of paprika, coriander, flour, and more, then in buttermilk, then once more in the spice blend. The catfish makes a fitting centerpiece for sides of roasted delicata squash and sautéed kale—yours may be dark green lacinato, green curly, or red. A creamy sauce sweetened with a touch of pickle relish is perfect for drizzling over the catfish and squash.



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## Ingredients



2  
CATFISH FILLETS



2  
SCALLIONS



1 bunch  
KALE



1  
DELICATA SQUASH

## 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 Seeds, Ground Coriander, Cayenne Pepper, & Ground Sage



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## 1 Prepare & roast the squash:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the **squash**; cut off and discard the ends. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into 1/4-inch-thick pieces.
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in an even 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 squash roasts, 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 squash continues to roast, in a medium pan (nonstick, if you have one), heat a drizzle 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** and 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; 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:

- ☐ While the squash continues to roast, 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 the 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 squash** between 2 dishes. Serve with the **sauce** on the side. Garnish with the **green tops of the scallions**. Enjoy!