

Spiced Fish Tacos

with Roasted Sweet Potatoes & Coleslaw

TIME: 25-35 minutes

SERVINGS: 4

In the city of Austin, Texas, taco trucks offer up endless variations on the street food favorite. Such was the inspiration for tonight's tacos, which feature catfish fillets seasoned with classic Tex-Mex spices (like cumin and Mexican oregano) and tucked into soft tortillas slathered with a zesty lime mayo, along with seasonal sweet potatoes and herbaceous cilantro. On the side, a creamy, crunchy coleslaw completes the dish with refreshing flavor and texture.



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Ingredients



4
CATFISH FILLETS



8
FLOUR TORTILLAS



1
LIME



1 head
CONE CABBAGE



1 lb
SWEET POTATOES



1
RED ONION



1 bunch
CILANTRO

KNICK KNACKS:



1 Tbsp
SUGAR



3 Tbsps
CATFISH SPICE
BLEND*



1/4 cup
MAYONNAISE

* All-Purpose Flour, Ancho Chile Powder, Ground Cumin, Dried Mexican Oregano, & Garlic Powder



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1 Prepare & roast the sweet potatoes:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the **sweet potatoes**. Halve lengthwise; 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 19 to 21 minutes, or until browned and tender when pierced with a fork. Remove from the oven. Set aside in a warm place.

2 Prepare the remaining ingredients & make the lime mayo:

- ☐ While the sweet potatoes roast, wash and dry the remaining fresh produce.
- ☐ Cut out and discard the cabbage core; thinly slice the leaves.
- ☐ Peel and thinly slice the onion.
- ☐ Pick the cilantro leaves off the stems; discard the stems.
- ☐ Quarter the lime.
- ☐ In a bowl, combine the **mayonnaise** and the **juice of 2 lime wedges**; season with salt and pepper to taste.

3 Make the coleslaw:

- ☐ While the sweet potatoes continue to roast, in a large bowl, combine the **cabbage, sugar, the juice of the remaining lime wedges, and as much of the onion as you'd like** (you may have extra onion). Season with salt and pepper; toss to thoroughly combine.
- ☐ Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



4 Coat & cook the catfish:

- ☐ While the coleslaw marinates, place the **spice blend** on a plate. Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned fillets in the spice blend (pressing to adhere).
- ☐ 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 the spice blend sizzles immediately when added to the pan, add the coated fillets. Cook 4 to 5 minutes on the first side, or until browned and crispy.
- ☐ Flip and cook 3 to 4 minutes, or until browned and cooked through. Transfer to a cutting board. When cool enough to handle, halve each fillet lengthwise.



5 Warm the tortillas:

- ☐ While the catfish cooks, stack the **tortillas** on a large piece of aluminum foil; tightly wrap the foil around the tortillas to seal.
- ☐ Carefully place directly onto the oven rack and warm 6 to 8 minutes, or until heated through and pliable.
- ☐ Remove from the oven. Just before serving, carefully unwrap the warmed tortillas. Transfer to a work surface.

6 Serve your dish:

- ☐ Divide the **lime mayo, roasted sweet potatoes, and cooked catfish fillets** among the warmed tortillas. Garnish with the **cilantro**. Divide among 4 dishes. Serve with the **coleslaw** on the side. Enjoy!

