

# Catfish Meunière

with Spiced Lentils & Rainbow Chard

**TIME:** 25-35 minutes

**SERVINGS:** 2

The star of this sophisticated dish is a sumptuous butter sauce brightened with capers and lemon juice. We're using the sauce to baste hearty catfish fillets as they cook—a French technique known as *à la meunière*. Black lentils (a variety that keeps its shape as it cooks) tossed with earthy rainbow chard and sweet onion get a warming lift from ras el hanout, an aromatic Middle Eastern blend including turmeric, cinnamon, coriander, and more.



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## Ingredients



2  
CATFISH FILLETS



1/2 cup  
BLACK LENTILS



1 bunch  
RAINBOW CHARD



1  
LEMON



1  
YELLOW ONION

## KNICK KNACKS:



4 Tbsps  
BUTTER



2 Tbsps  
RICE FLOUR



2 tsps  
RAS EL HANOUT



1 Tbsp  
CAPERS



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### 1 Cook the lentils:

- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Once boiling, add the **lentils** and cook 24 to 26 minutes, or until tender.
- ☐ Drain thoroughly and return to the pot. Set aside in a warm place.

### 2 Prepare the ingredients:

- ☐ While the lentils cook, wash and dry the fresh produce.
- ☐ Peel and thinly slice the onion.
- ☐ Separate the chard leaves and stems; roughly chop the leaves and thinly slice the stems.
- ☐ Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Roughly chop the capers.

### 3 Cook the chard:

- ☐ While the lentils continue to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **onion**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened and fragrant.
- ☐ Add the **ras el hanout**; cook, stirring constantly, 1 to 2 minutes, or until coated and fragrant.
- ☐ Add the **chard leaves and stems** and **¼ cup of water**; season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes, or until the chard leaves have wilted and the water has cooked off.
- ☐ Transfer to a bowl; season with salt and pepper to taste. Set aside in a warm place. Rinse and wipe out the pan.

### 4 Coat & brown the catfish:

- ☐ While the lentils continue to cook, place the flour on a plate.
- ☐ Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ Coat 1 side of each seasoned fillet in the flour (tapping off any excess).
- ☐ In the same pan, heat **half the butter** on medium-high until melted.
- ☐ Add the coated fillets, coated side down; cook 3 to 5 minutes on the first side, or until lightly browned.
- ☐ Flip and cook 1 to 2 minutes, or until almost cooked through.

### 5 Finish the catfish & make the sauce:

- ☐ Add the **capers** and the **juice of 3 lemon wedges** to the pan; season with salt and pepper. Cook, occasionally spooning the sauce over the fillets, 1 to 2 minutes, or until thoroughly combined and the catfish is cooked through. Turn off the heat.

### 6 Finish the lentils & plate your dish:

- ☐ Add the **cooked chard**, **lemon zest**, **remaining butter**, and the **juice of the remaining lemon wedge** to the pot of **cooked lentils**. Stir to thoroughly combine. Season with salt and pepper to taste.
- ☐ Divide the finished lentils between 2 dishes. Top with the **finished catfish fillets and sauce**. Enjoy!