

Catfish Meunière

with Spiced Lentils & Kale

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 flour-coated catfish fillets—a French technique known as à la meunière. Black lentils (a variety that keeps its shape as it cooks) tossed with hearty kale and sweet onion get a warming lift from ras el hanout, an aromatic Middle Eastern blend including turmeric, cinnamon, coriander, and more. (Chefs, your kale may be green curly, dark green lacinato, or red.)



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



30
MINUTE
MEAL

Ingredients



2
CATFISH FILLETS



1/2 cup
BLACK LENTILS



1 bunch
KALE



1
LEMON



1
YELLOW ONION

KNICK KNACKS:



4 Tbsps
BUTTER



3 Tbsps
RICE FLOUR



2 tsps
RAS EL HANOUT



1 Tbsp
CAPERS



Download our iOS or Android app, or log in to blueapron.com for how-to videos and supplier stories.



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.
- Remove and discard the kale stems; roughly chop the leaves.
- Quarter and deseed the lemon.

3 Cook the kale:

- 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, 1 to 2 minutes, or until slightly softened and fragrant.
- Add the **ras el hanout**; cook, stirring constantly, 30 seconds to 1 minute, or until fragrant and the onion is coated. Add the **kale** and **¼ 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.
- 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 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 fragrant and the catfish is cooked through. Turn off the heat.

6 Finish the lentils & plate your dish:

- Add the **cooked kale**, **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!