

# Sheet Pan Cajun Catfish

*with Collard Greens &  
Sweet Potato Wedges*

**TIME:** 45-55 minutes

**SERVINGS:** 4

In this hands-off recipe, you'll use two sheet pans to bake Cajun-spiced catfish, sweet potato wedges, and collard greens. (Sealing the greens in a foil packet allows them to steam in the oven, turning irresistibly tender.) Served on the side, a creamy, tangy-sweet tartar sauce is perfect for spooning over the fish.



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## Ingredients



4  
CATFISH FILLETS



2 cloves  
GARLIC



2 Tbsps  
BUTTER



1 Tbsp  
APPLE CIDER  
VINEGAR



1 Tbsp  
SWEET PICKLE  
RELISH



2  
SWEET POTATOES



1 bunch  
COLLARD GREENS



1  
SHALLOT



¼ cup  
MAYONNAISE



1 Tbsp  
CAJUN SPICE  
BLEND\*

\* Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme, & Cayenne Pepper



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## 1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Remove and discard the **collard green** stems; roughly chop the leaves. Peel and thinly slice the **shallot**. Peel and roughly chop the **garlic**.
- ☐ Cut the **sweet potatoes** lengthwise into 1-inch wedges.

## 2 Assemble the collard greens packet:

- ☐ Place a large, rectangular piece of aluminum foil on a work surface.
- ☐ In a large bowl, combine the **chopped collard greens**, **sliced shallot**, **chopped garlic**, and 1 tablespoon of olive oil; season with salt and pepper. Stir to thoroughly combine.
- ☐ Transfer to 1 side of the foil and top with **1 tablespoon of water**. Fold the foil in half over the collard greens. Roll and crimp the 3 open edges inwards to completely seal the packet.



## 3 Bake the vegetables:

- ☐ Line a sheet pan with aluminum foil. Place the **sweet potato wedges** on the foil. Top with 1 tablespoon of olive oil; season with salt and pepper. Toss to coat. Arrange skin side down on 1 side of the sheet pan.
- ☐ Place the packet of **seasoned collard greens** on the other side of the sheet pan.
- ☐ Bake 27 to 29 minutes, or until the sweet potatoes are tender when pierced with a fork. Remove from the oven. Carefully transfer the packet to a work surface.

## 4 Make the tartar sauce:

- ☐ While the vegetables bake, in a bowl, combine the **mayonnaise** and **pickle relish**; season with salt and pepper to taste.



## 5 Prepare & bake the fish:

- ☐ Once the vegetables have baked for about 10 minutes, line a separate sheet pan with aluminum foil. Lightly oil the foil.
- ☐ Cut the **butter** into 4 equal-sized pieces.
- ☐ Pat the **fish fillets** dry with paper towels and place on the sheet pan. Season on both sides with salt, pepper, and the **spice blend**. Top each seasoned fillet with a piece of the butter.
- ☐ Bake 11 to 13 minutes, or until the fish is cooked through. Remove from the oven.



## 6 Finish the collard greens & serve your dish:

- ☐ Carefully open the packet of **cooked collard greens**. Stir in the **vinegar**; season with salt and pepper to taste.
- ☐ Serve the **baked fish fillets** with the finished collard greens and **baked sweet potato wedges**. Top the fillets with any remaining melted butter from the sheet pan. Serve with the **tartar sauce** on the side. Enjoy!

