

# Catfish & Green Peppercorn Sauce

with Oven Fries & Creamed Kale

**TIME:** 30-40 minutes

**SERVINGS:** 4

In this take on a steakhouse classic, you'll top catfish with French au poivre sauce—a combination of briny, mild green peppercorns, tart verjus, and rich butter. Another sauce of mayonnaise and Dijon mustard pairs perfectly with oven fries.



## MATCH YOUR BLUE APRON WINE



Lush & Fruity

Serve a bottle with this symbol for a great pairing.



## Ingredients



4  
CATFISH FILLETS



3  
RUSSET POTATOES



2 Tbsps  
ALL-PURPOSE  
FLOUR



¼ cup  
CREAMY  
MUSTARD SAUCE



¼ cup  
GRATED  
PARMESAN  
CHEESE



2 Tbsps  
VERJUS BLANC



1 bunch  
KALE



¼ cup  
HEAVY CREAM



2 cloves  
GARLIC



2 Tbsps  
BUTTER



1 ½ tsps  
GREEN  
PEPPERCORNS



1 Tbsp  
WEEKNIGHT  
HERO SPICE  
BLEND\*

\* Garlic Powder, Onion Powder, Smoked Paprika, & Whole Dried Parsley



Download our iOS or Android app to watch how-to videos, manage your account, and track your deliveries.



### 1 Prepare & roast the potatoes:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** lengthwise into 1/2-inch-thick sticks. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 26 to 28 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

### 2 Prepare the remaining ingredients:

- While the potatoes roast, peel and roughly chop the **garlic**.
- Remove and discard the stems of the **kale**; finely chop the leaves.



### 3 Make the creamed kale:

- While the potatoes continue to roast, in a medium pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until slightly softened.
- Add the **chopped kale**, 1/2 cup of water, and the **heavy cream** (shaking the bottle just before opening); season with salt and pepper. Cook, stirring occasionally, 9 to 10 minutes, or until the water has cooked off and the kale is wilted.
- Turn off the heat; stir in **half the cheese**. Season with salt and pepper to taste. Transfer to a bowl and cover with aluminum foil to keep warm.



### 4 Coat & cook the fish:

- While the kale cooks, combine the **flour** and **spice blend** on a plate. Pat the **fish** dry with paper towels; season with salt and pepper on both sides. Coat one side of each seasoned fillet in the flour-spice blend mixture. Transfer to a separate plate.
- 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 flour mixture sizzles immediately when added, add the fish, coated side down (tapping off any excess coating before adding). Cook 3 to 5 minutes on the first side, or until lightly browned. Flip and cook 2 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate and cover with aluminum foil to keep warm.



### 5 Make the peppercorn sauce:

- Add the **peppercorns**, **verjus**, and 2 tablespoons of water to the pan of reserved fond (carefully, as the liquid may splatter); season with salt and pepper. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until combined and the liquid is slightly reduced in volume.
- Turn off the heat and stir in the **butter** until melted. Season with salt and pepper to taste.



### 6 Serve your dish:

- Serve the **cooked catfish**, **roasted potatoes**, and **creamed kale** with the **creamy mustard sauce** on the side. Top the fish with the **peppercorn sauce**. Garnish the kale with the **remaining cheese**. Enjoy!