

# Crispy Catfish

with Coconut-Lime  
Curry & Kale

**TIME:** 30-40 minutes

**SERVINGS:** 2

In this Thai-inspired dish, you'll serve crispy catfish over a spicy, tangy, and sweet curry sauce, which gets balance from cooling coconut milk. A bed of fluffy jasmine rice is perfect for soaking up all the bright flavors of the curry.



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## Ingredients



2  
CATFISH FILLETS



1/2 cup  
JASMINE RICE



1 3/4 cups  
LIGHT COCONUT  
MILK



1 bunch  
KALE



1  
LIME

## KNICK KNACKS:



1/4 cup  
RICE FLOUR



1 1-inch piece  
GINGER



1 1/2 Tbsps  
YELLOW CURRY  
PASTE



1 Tbsp  
COCONUT PALM  
SUGAR



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## 1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Peel and finely chop the **ginger**.
- ☐ Remove and discard the stems of the **kale**; roughly chop the leaves.
- ☐ Quarter the **lime**.

## 2 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- ☐ Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat.
- ☐ Fluff the cooked rice with a fork. Cover to keep warm.



## 3 Coat the fish:

- ☐ While the rice cooks, place the **flour** on a plate. Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- ☐ Thoroughly coat the seasoned fish in the flour (tapping off any excess). Transfer to a separate plate.

## 4 Cook the fish:

- ☐ While the rice continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **coated fish** and cook 4 to 5 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until lightly browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate; immediately season with salt and pepper. Cover with aluminum foil to keep warm.



## 5 Make the curry:

- ☐ To the pan of reserved fond, add the **chopped ginger** and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. (If the pan seems dry, add a drizzle of olive oil.) Cook on medium-high, stirring frequently, 30 seconds to 1 minute, or until combined and fragrant.
- ☐ Shaking the can before opening, add the **coconut milk** (carefully, as the liquid may splatter). Add the **chopped kale** and **sugar**; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until the kale is wilted and the liquid is slightly reduced in volume.
- ☐ Turn off the heat and stir in **the juice of 2 lime wedges**. Season with salt and pepper to taste.



## 6 Serve your dish:

- ☐ Serve the **cooked fish** over the **cooked rice** and **curry**. Serve the **remaining lime wedges** on the side, if you'd like. Enjoy!