

Catfish & Jicama Slaw

with Amaranth & Watermelon Radish

Summer wouldn't be the same without watermelon. And though it's not quite watermelon season, we've got the perfect impostor. Watermelon radishes are mildly sweet and peppery with vibrant pink insides. While you won't be winning any seed spitting contests with watermelon radishes, their bite combined with tart green apple and jicama makes a delicious slaw to accompany this light, summer meal.



Ingredients

- 1 Bunch Cilantro
- 1 Clove Garlic
- 1 Granny Smith Apple
- ½ Pound Jicama
- 1 Lime
- 1 Watermelon Radish
- ½ Cup Amaranth
- 1 Teaspoon Sesame Oil
- 2 Skinless Catfish Fillets
- ½ Cup Rice Flour
- 1 Teaspoon Black Sesame Seeds

Makes 2 Servings
About 665 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Pick the cilantro leaves off the stems; discard the stems. Peel and mince the garlic then, using the flat side of your knife, smash until it resembles a paste. Using a peeler, remove the green rind of the lime; mince the rind to get 2 teaspoons of zest. Quarter the lime. Cut the apple into thin matchsticks, discarding the core. Toss the matchsticks with **the juice of 2 lime wedges** to prevent browning. Peel the jicama, then cut into thin matchsticks. Slice the watermelon radish into thin rounds.



Cook the amaranth:

Once the water is boiling, add the **amaranth** and **lime zest**. Cook, stirring occasionally, 24 to 26 minutes, or until tender and cooked through. Drain thoroughly and return to the pot. Stir in the **sesame oil** and a drizzle of olive oil; season with salt and pepper to taste. Set aside as you continue cooking.



Make the dressing:

While the amaranth cooks, in a small bowl, combine the **garlic paste** and **the juice of the remaining lime wedges**. Slowly whisk in **2 tablespoons of olive oil** until well combined. Season with salt and pepper to taste.



Cook the fish:

Once the amaranth is finished cooking, pat the **fish fillets** dry. Season with salt and pepper on both sides and completely cover with the **rice flour**, tapping off any excess. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **fish fillets**, laying the fish away from you to prevent splattering. Cook 2 to 3 minutes per side, or until the fish is browned and cooked through. Transfer to a paper towel-lined plate and immediately season with salt. Set aside as you continue cooking.



Make the slaw:

In a medium bowl, combine the **jicama**, **apple**, **watermelon radish**, **cilantro** and **black sesame seeds**. Add enough of the **dressing** to coat the slaw (you may have extra dressing). Toss to thoroughly mix and season with salt and pepper to taste.



Plate your dish:

Divide the **amaranth** and **catfish fillets** between 2 plates and spoon the **jicama slaw** over each. Enjoy!