



More than Food

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Blackened Catfish

with Crispy Potatoes and Blistered Summer Vegetables

Typically battered and fried, catfish is a staple of Southern cooking. For a lighter preparation, we're blackening this flaky fish with a potent mix of spices. A side of crispy roasted potatoes and caramelized vegetables complements the dish; a sprinkling of chopped cilantro and a wedge of lemon brightens it up.



30 min



level 1



nut free



make me first



gluten free



dairy free



Catfish Fillets



Yukon Potatoes



Red Bell Pepper



Green Beans



Yellow Onion



Lemon



Cilantro



Garlic



Blackening Seasoning

Ingredients

	2 People	4 People
Catfish Fillets	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Red Bell Pepper	1	2
Green Beans	4 oz	8 oz
Yellow Onion	1	2
Lemon	1	2
Cilantro	¼ oz	½ oz
Garlic	2 cloves	4 cloves
Blackening Seasoning	1 t	2 t
Olive Oil*	3 T	6 T

*Not Included

Allergens

1) Fish

Tools

Baking Sheet,
Large Pan

Nutrition per person Calories: 547 cal | Carbs: 50 g | Fat: 27 g | Protein: 37 g | Fiber: 10 g | Sodium: 435 mg

Ruler

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1 Preheat the oven to 400 degrees. Core, seed, and remove the white ribs from the **bell pepper** then thinly slice. Halve, peel, and thinly slice the **onion**. Cut the **potatoes** into ½-inch cubes. Finely chop the **cilantro**. Cut the **lemon** into six wedges. Mince or grate the **garlic**.



2 Toss the **potatoes** on a baking sheet with **1 Tablespoon olive oil** and season with **salt** and **pepper**. Place in the oven and roast for 15-20 minutes, tossing halfway through, until golden brown.



3 Blister the vegetables: heat **1 Tablespoon olive oil** in a large pan over medium-high heat. Add the **green beans, onion, and bell pepper** and cook, tossing, for 7-8 minutes until softened and slightly blistered. Add the **garlic** and cook for 30 seconds until fragrant. Stir in **half the chopped cilantro**, season with **salt** and **pepper**, and set aside.



4 In the same pan, heat another **1 Tablespoon olive oil** over medium-high heat. Season the **catfish** on all sides with the **blackening seasoning, salt, and pepper**. Add the catfish to the pan and cook 3-4 minutes per side, until cooked through and slightly blackened.

5 Plate the **potatoes** and **blistered vegetables**, then top with the **blackened catfish**. Serve with **lemon wedges**, a sprinkle of the remaining **cilantro**, and enjoy!