



# CRISPY CAJUN CATFISH

with Collard Greens and Grilled Corn



## HELLO

### COLLARD GREENS

The leafy brassica is an amazing source of vitamins A and C.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 690**



Collard Greens



Garlic



Panko Breadcrumbs  
(Contains: Wheat)



Cajun Spice Blend



Mayonnaise  
(Contains: Eggs)



Hot Sauce



Shallot



Lemon



Catfish  
(Contains: Fish)



Flour  
(Contains: Wheat)



Corn on the Cob



## START STRONG

Got a grill? Fire it up! The corn will taste amazing when charred on the grates.

## BUST OUT

- Shallow dish
- Paper towel
- Large pan
- Baking sheet
- Olive oil (5 tsp | 10 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Collard Greens 4 oz | 8 oz
- Shallot 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Lemon 1 | 1
- Panko Breadcrumbs ½ Cup | 1 Cup
- Catfish 11 oz | 22 oz
- Cajun Spice 1 TBSP | 2 TBSP
- Flour 1 TBSP | 2 TBSP
- Mayonnaise 2 TBSP | 2 TBSP
- Corn on the Cob 2 | 4
- Hot Sauce 1 tsp | 2 tsp

## HELLO WINE



### PAIR WITH

The Boardwalk Clarksburg  
California Chardonnay, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat broiler to high. Remove stems and any tough ribs from **collard greens** and discard. Roughly chop leaves. Halve, peel, and finely chop **shallot**. Mince or grate **garlic**. Cut **lemon** into wedges. Place **panko** into a shallow dish and season with **salt** and **pepper**.



## 4 COOK CORN

Meanwhile, rub each ear of **corn** with a drizzle of **olive oil**. Place on a baking sheet. Broil until slightly charred, about 10 minutes, turning halfway through. Season with **salt** and **pepper**.



## 2 COAT CATFISH

Pat **catfish** dry with a paper towel. Season all over with **Cajun spice**, **salt**, and **pepper**. Sprinkle with **flour** and rub into fish to moisten and evenly coat. Brush fillets all over with **mayonnaise**, then dip into **panko**, flipping to coat all over and gently pressing to adhere. Set aside.



## 5 COOK CATFISH

Remove **collard greens** from pan and set aside, covered, to keep warm. Heat a large drizzle of **olive oil** in same pan over medium-high heat. Add **catfish** and cook for 1 minute, then lower heat to medium and continue cooking until fish is cooked through and crust is golden brown, 4-6 minutes per side. (**TIP:** Lower heat if crust browns too fast.) Season with **salt** and **pepper**.



## 3 COOK COLLARD GREENS

Heat a drizzle of **olive oil** in a large pan over medium heat (use a nonstick pan if you have one). Add **shallot** and cook until softened, 2-3 minutes. Add **garlic** and cook until fragrant, 1 minute. Season with **salt** and **pepper**. Toss in **collard greens** and cook until tender, 5-7 minutes, adding a splash of **water** halfway. Season with salt and pepper.



## 6 FINISH AND SERVE

Divide **collard greens** and **catfish** between plates. Add a pat of **butter** to **corn** (we used ½ TBSP each) and serve corn to the side. Squeeze a bit of **lemon** over everything and sprinkle with **hot sauce** (to taste).

## DASHING!

Southern flavors always turn on the charm.

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