



BLACKENED CATFISH

with Blistered Veggies and Roasted Potatoes



HELLO

BLACKENING SPICE

Built around paprika, pepper, and herbs, it gives fish smoky flavor without the grilling

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 500



Red Bell Pepper



Yukon Gold Potatoes



Lemon



Green Beans



Blackening Spice



Yellow Onion



Cilantro



Garlic



Catfish
(Contains: Fish)

START STRONG


Don't forget to toss the potatoes halfway through roasting—this will ensure that they're perfectly crisp all over.

BUST OUT

- Baking sheet
- Large pan
- Aluminum foil
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Red Bell Pepper 1 | 2
- Yellow Onion 1 | 2
- Yukon Gold Potatoes 12 oz | 24 oz
- Cilantro ¼ oz | ¼ oz
- Lemon 1 | 1
- Garlic 2 Cloves | 4 Cloves
- Green Beans 6 oz | 12 oz
- Catfish 12 oz | 24 oz
- Blackening Spice  1 TBSP | 2 TBSP

HELLO WINE



PAIR WITH
The Brink Monterey County
Pinot Noir Rosé, 2015

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



1 PREP

Wash and dry all produce. Preheat oven to 400 degrees. Core, seed, and remove white ribs from **bell pepper**, then thinly slice. Halve, peel, and thinly slice **onion**. Cut **potatoes** into ½-inch cubes. Finely chop **cilantro**. Cut **lemon** into wedges. Mince or grate **garlic**. Trim any stems from **green beans**.



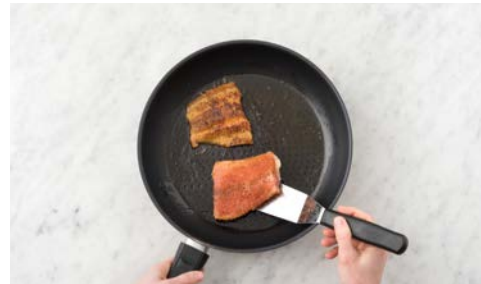
4 SEASON VEGGIES

Stir half the **cilantro** into pan. Season with **salt** and **pepper**. Remove veggies from pan and set aside. **TIP:** Cover with aluminum foil to keep warm.



2 ROAST POTATOES

Toss **potatoes** on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven until browned, 20-25 minutes, tossing halfway through.



5 COOK CATFISH

Heat another drizzle of **olive oil** in same pan over medium-high heat. Season **catfish** all over with **blackening spice**, **salt**, and **pepper**. Add to pan and cook until opaque in center and lightly blackened on outside, 2-3 minutes per side.



3 COOK VEGGIES

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **green beans**, **onion**, **bell pepper**, and **garlic**. Cook, tossing, until softened and lightly charred, 7-8 minutes.



6 PLATE AND SERVE

Divide **potatoes** and **veggies** between plates, then top with **catfish**. Sprinkle with remaining **cilantro**. Serve with **lemon wedges** on the side for squeezing over.

BLACK BELT!

You just made blackened fish of the highest order.

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