



ZESTY CRUSTED CATFISH

over Cilantro Jasmine Rice and Roasted Broccoli



HELLO

FISH SEASONING

Basil, parsley, and tarragon bring herby flavor with a smidge of cayenne heat.

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 650



Lemon



Panko Breadcrumbs
(Contains: Wheat)



Jasmine Rice



Catfish
(Contains: Fish)



Cilantro



Fish Seasoning



Broccoli Florets

START STRONG

Always fluff your rice with a fork. The prongs do a superior job of making the grains light and fluffy without smooching or mashing them.

BUST OUT

- Small pot
- Zester
- 2 Small bowls
- Baking sheet
- Paper towel
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Lemon 1 | 2
- Cilantro ¼ oz | ½ oz
- Panko Breadcrumbs ½ Cup | 1 Cup
- Fish Seasoning 2 tsp | 4 tsp
- Jasmine Rice ¾ Cup | 1½ Cups
- Broccoli Florets 8 oz | 16 oz
- Catfish 12 oz | 24 oz

HELLO WINE



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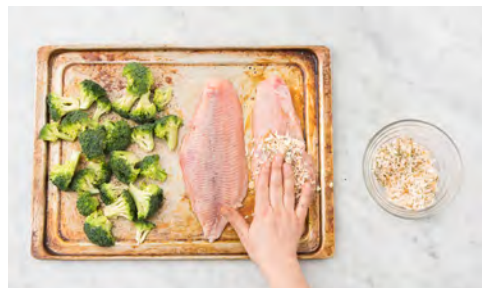
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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Bring **1¼ cups water** and a pinch of **salt** to a boil in a small pot. Zest **lemon** until you have 1 tsp zest, then cut into wedges. Finely chop **cilantro**.



4 COOK FISH AND BROCCOLI

Place **broccoli** on one side of a lightly oiled baking sheet. Season with **salt** and **pepper**. Pat **fish** dry with a paper towel, then place on other side of sheet and brush with **lemon dressing**. (**TIP:** Whisk dressing first if it has separated.) Gently press **crust** onto tops of fish to adhere. Roast in oven until fish is flaky and broccoli is lightly crisped, 15-20 minutes.



2 MAKE CRUST AND LEMON DRESSING

In a small bowl, combine **panko**, half the **zest**, and **2 tsp fish seasoning** (we sent you more). Season with **salt** and **pepper**. Squeeze **2 tsp lemon juice** into another small bowl, then whisk in a large drizzle of **olive oil**.



5 FLUFF RICE

Once fish is done, fluff **rice** with a fork. Stir in remaining **zest**, a squeeze of **lemon**, and half the **cilantro**. Season with **salt** and **pepper**.



3 COOK RICE

Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered until fish is ready.



6 PLATE AND SERVE

Divide **rice** and **broccoli** between plates. Top with **fish**. Sprinkle with remaining **cilantro** and serve with **lemon wedges** on the side for squeezing over.

ZESTY!

Cilantro and lemon make those rice grains anything but plain.

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