

# Crispy Catfish & Spicy Vegetable Curry

with Charred Lime

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 2

This recipe livens up hearty vegetables with red curry paste—a concentrated combination of hot chiles and aromatics like lemongrass and galangal, a ginger relative. We're enhancing those flavors with some unique citrus elements. A fresh makrut lime leaf infuses the curry with lightly floral notes (you'll remove the leaf after cooking), while charred lime, or lime cooked in a pan to caramelize its cut surface, adds a hit of complex acidity when squeezed over the vegetables and crispy catfish.



MATCH YOUR BLUE APRON WINE:



Lush & Fruity

Serve a bottle with this symbol for a great pairing.



## Ingredients



2  
CATFISH FILLETS



1 3/4 cups  
LIGHT COCONUT  
MILK



9 oz  
BOK CHOY



2  
CARROTS



2 cloves  
GARLIC



1  
LIME



1 lb  
YUKON GOLD  
POTATOES



1 bunch  
CILANTRO

## KNICK KNACKS:



3 Tbsp  
RICE FLOUR



1  
FRESH MAKRUT  
LIME LEAF



3 x Tbsp  
RED CURRY PASTE



1 Tbsp  
SUGAR

Fish: A: Nice n' crispy  
Curry: B+: could use more muchiness/depth of flavor



Download our iOS app or log in to [blueapron.com](http://blueapron.com) for how-to videos and supplier stories.





## 1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the potatoes.
- ☐ Peel the carrots; thinly slice into rounds.
- ☐ Peel and roughly chop the garlic.
- ☐ Cut off and discard the root ends of the bok choy; roughly chop the leaves and stems.
- ☐ Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Halve the lime crosswise.
- ☐ Roughly chop the cilantro leaves and stems.



## 2 Start the curry:

- ☐ In a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **potatoes** and cook, stirring occasionally, 12 to 14 minutes, or until lightly browned and softened. Season with salt and pepper.
- ☐ Add the **carrots, garlic, and as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook, stirring frequently, 1 to 2 minutes, or until fragrant and thoroughly combined.

## 3 Finish the curry:

- ☐ To the pan, add the **coconut milk** (shaking the can just before opening), **sugar, lime leaf, bok choy, and ¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 11 to 13 minutes, or until the bok choy leaves have wilted and the liquid is slightly thickened.
- ☐ Turn off the heat. Carefully remove and discard the lime leaf. Stir in the **lime zest** and season with salt and pepper to taste.



## 4 Char the lime:

- ☐ While the curry cooks, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **lime halves**, cut side down, and cook 2 to 3 minutes, or until charred. Transfer to a work surface and let cool. Wipe out the pan.

## 5 Coat & cook the catfish:

- ☐ While the curry continues to cook, place the **flour** on a plate. Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat 1 side of each seasoned fillet in the flour (tapping off any excess). Transfer to a separate plate.
- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the fillets, coated side down, and cook 5 to 7 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until lightly browned and cooked through. Turn off the heat.



## 6 Plate your dish:

- ☐ Divide the **finished curry** between 2 bowls. Top with the **cooked catfish fillets**. Garnish with the **charred lime halves** and **cilantro**. Enjoy!