

## **Cajun Baked Catfish:**

### **Ingredients:**

- 4 catfish fillets
- 2 tablespoons Cajun seasoning
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 lemon, sliced
- Salt and pepper to taste

### **Instructions:**

1. Preheat your oven to 375°F (190°C).
2. In a small bowl, mix the Cajun seasoning, olive oil, minced garlic, salt, and pepper to create a marinade.
3. Brush the catfish fillets with the Cajun marinade on both sides.
4. Place the catfish fillets in a baking dish. Lay lemon slices over the fillets.
5. Bake for about 20-25 minutes or until the catfish is cooked through and flakes easily with a fork.

## **White Rice:**

### **Ingredients:**

- 1 cup white rice
- 2 cups water
- 1 tablespoon butter
- Salt to taste

### **Instructions:**

1. Rinse the white rice under cold water and drain.
2. In a saucepan, bring 2 cups of water to a boil.
3. Add the rinsed rice and a pinch of salt. Stir, reduce heat to low, cover, and simmer for about 18-20 minutes, or until the water is absorbed.
4. Fluff the cooked rice with a fork, and stir in the butter.

## **Sauced Broccoli:**

### **Ingredients:**

- 1 bunch of fresh broccoli
- 2 tablespoons olive oil
- 2 tablespoons Parmesan cheese
- Salt and pepper to taste

**Instructions:**

1. Wash and trim the broccoli florets.
2. In a saucepan, steam the broccoli for about 4-5 minutes until tender-crisp.
3. In a separate small bowl, mix together 2 tablespoons of olive oil and 2 tablespoons of Parmesan cheese to create a sauce.
4. Toss the steamed broccoli with the Parmesan sauce, salt, and pepper.

Serve your Cajun Baked Catfish with White Rice and Sauced Broccoli for a flavorful and well-balanced meal with the added Parmesan sauce on the broccoli. Enjoy!