


# Seared Cajun Catfish

 PREPARATION TIME  
5 minutes

 COOKING TIME  
10 minutes

 PERFECT PARTNER  
coleslaw



**MONEY.  
Cook's  
SAVER.**

To save money and have a fresher-tasting spice blend, make your own Cajun seasoning.

Combine 1 tablespoon each salt, garlic powder, cayenne, onion powder, oregano, paprika, thyme and pepper.

## SHOPPING LIST

- catfish fillets
- Cajun seasoning

## ON HAND

- butter • oil

## INGREDIENTS

- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 4 catfish fillets
- 3 tablespoons Cajun seasoning

SERVES 4

**COOK'N**  
*Xpress*

- Use lemons to quickly remove fish odors from a cutting board. Simply rub a lemon wedge over the cutting board, then rinse with cool water. Works on hands, too!

### Make Ahead

Make a double-batch of this tasty fish recipe to serve for a luncheon salad the next day. Place fish over lettuce greens and top with a spicy mayonnaise dressing.

### ◆ VARIATION

*This seasoning mix will also work great on other fish—such as halibut or salmon fillets.*

- 1** Heat butter and oil in a large cast-iron skillet over high heat until hot but not smoking.



- 2** Pat fish dry. Sprinkle with Cajun seasoning on both sides.

- 3** Place fish in hot skillet. Cook until opaque on the bottom, about 5 minutes.



- 4** Turn fish carefully. Cook until fish flakes easily, about 3 minutes.