



CAJUN CATFISH WITH RICE

June 25

National Catfish Day



INGREDIENTS

- 4 (6 Ounces Each) Catfish Fillets
- 2 Teaspoons Cajun Seasoning
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 2 Tablespoons Olive Oil
- 2 Tablespoons Lemon Juice
- 1 Cup Uncooked White Rice (enriched or whole grain-rich)
- 1 Bell Pepper (sliced)
- 1 Small Onion (sliced)
- 2 Garlic Cloves (minced)
- 2 Cups Chicken Broth
- 2 Tablespoons Fresh Parsley (chopped)
- 1 Tablespoon Butter (optional)

DIRECTIONS

1. Season the catfish fillets with Cajun seasoning, salt, black pepper, and lemon juice. Let them rest while you prepare the rice.
2. Heat olive oil in a large skillet over medium-high heat. Sear the catfish for about 3–4 minutes per side until they are golden and crispy. Remove and keep warm.
3. In a separate pot, sauté the sliced bell pepper, onion, and minced garlic in a bit of olive oil until softened. Add the white rice and stir to coat with the aromatics. Pour in the chicken broth, bring to a boil, then reduce heat, cover, and simmer until the rice is tender (about 15 minutes).
4. Stir in fresh parsley and butter (if using) for extra richness. Adjust seasoning with salt and pepper to taste.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

24 Ounces Catfish +
3 Cups Rice

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce Catfish + ¼ Cup Rice	1½ Ounces + ¼ Cup Rice	2 Ounces + ½ Cup Rice	2 Ounces + 1 Cup Rice