



Pan-Seared Catfish

Recipe By CALEB OWALABI

INGREDIENTS:

- ☐ 2 (6 oz.) catfish fillets
- ☐ 4 tbsp. cornmeal
- ☐ 2 tbsp. cooking oil of your choice
- ☐ salt, to taste
- ☐ pepper, to taste
- ☐ oregano, to taste

DIRECTIONS:

- ☐ 1. Wash and dry catfish fillets.
- ☐ 2. Heat cooking oil of your choice in a pan over medium-high heat.
- ☐ 3. Brush each side of fillets with a dash of cornmeal.
- ☐ 4. Lower heat to medium and sear fillets for 4 minutes on each side. Once browned, remove fish from heat.
- ☐ 5. Serve with salt, pepper, and oregano to taste.

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