



CHRISTOPHER CREEK

S p i c e C o m p a n y

Mid-Week Meals

Fiesta Catfish

Makes 4 Servings



- 4 – 8oz Catfish Fillets
- 5 Roma Tomatoes, seeded & diced
- 1 medium Yellow Onion, diced
- 4 cloves Garlic, minced
- 1 Avocado
- 2 cans Refried Beans
- 2 Lemons
- Cheddar Cheese
- Canola Oil



Remove the catfish from the refrigerator and pat dry with paper towels. Lightly rub each piece with the oil. Liberally season the oiled catfish with Pork Rub. Cover the catfish with plastic wrap and return to refrigerator for 30 minutes.

Prepare grill for direct medium-high cooking, which is when the heat source is directly under where the catfish will cook.

On the stove-top or outdoor burner bring a sauté pan to medium-high heat. Add 1 tablespoon canola oil, tomatoes, onion and cook until browned...about 10 minutes. Then add the garlic and cook an additional 5 minutes careful not to burn. Turn off the heat, cover and keep warm.

Place the catfish on the grill over direct medium-high heat and cook with the grill lid off for 2 – 4 minutes. Carefully flip the catfish and grill an additional 2 – 4 minutes. The catfish should be just firm to the touch.

Melt shredded cheddar cheese over hot refried beans under the broiler. Top the catfish with sliced avocado, spoon on the tomato-onion mixture and serve with fresh slices of lemon for the perfect summer night fiesta style...Enjoy!

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