

# Black Bean Garlic Catfish

This dish is great for folks who are on the fence about catfish because the pungent black bean-garlic sauce balances the fish's strong flavor. Serve with udon noodles or brown rice and sauteed broccoli with ginger broccoli.



**4 servings**

**Active Time:** 20 minutes

**Total Time:** 20 minutes

## Ingredients

- 1/4 cup all-purpose flour
- 1 pound catfish fillets, patted dry and cut into 4 portions
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 tablespoon plus 1 teaspoon canola oil, divided
- 1 tablespoon black bean-garlic sauce (see Note)
- 1 tablespoon finely chopped scallion, plus more for garnish
- 1 tablespoon rice vinegar
- 1 tablespoon water
- 1/8 teaspoon crushed red pepper

## Preparation

1. Place flour in a shallow dish. Sprinkle catfish with garlic powder and salt. Dredge the catfish in the flour, shaking off the excess (discard the remaining flour).

2. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add the fish and cook, turning once, until golden brown and just cooked through, about 5 minutes per side.
3. Meanwhile, combine the remaining 1 teaspoon oil, black bean-garlic sauce, 1 tablespoon scallion, vinegar, water and crushed red pepper in a small bowl.
4. Serve the fish with the sauce and garnish with more scallion, if desired.

### **Tips & Notes**

- **Ingredient Note:** Black bean-garlic sauce, a savory, salty sauce used in Chinese cooking, is made from fermented black soybeans, garlic and rice wine. Find it in the Asian-foods section of most supermarkets or at Asian markets. Refrigerate for up to 1 year.

### **Nutrition**

**Per serving:** 218 calories; 14 g fat ( 2 g sat , 7 g mono ); 53 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 18 g protein; 0 g fiber; 523 mg sodium; 353 mg potassium.

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