Catfish with Chimichurri

Chef Alex Trimble

Preparation Time: 30 minutes
Cooking Time: 15 minutes
Makes 4 portions

INGREDIENTS

2 lbs catfish, portioned
½ tsp sea salt
¼ tsp black pepper
¼ cup olive oil

CHIMICHURRI
¼ cup parsley, chopped
¼ cup cilantro, chopped
1 tsp shallots, peeled and minced
¼ cup olive oil
½ lime, juiced
¼ tsp sea salt

DIRECTIONS

1. Dry the catfish with paper towel and season with salt and pepper.

2. Heat olive oil in a skillet until oil is shimmering. Pan fry the catfish on both sides until it reaches 145°F on an instant read thermometer.

CHIMICHURRI
3. Combine the chopped parsley, chopped cilantro, and minced shallots in a bowl.

4. In a smaller bowl whisk together with a fork olive oil, lime juice, and salt.

5. Add to the other bowl and mix well.

6. Serve catfish with lots of chimichurri on top.