

# Catfish with Chimichurri

*Chef Alex Trimble*

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Makes 4 portions

## INGREDIENTS

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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

½ cup olive oil

½ lime, juiced

¼ tsp sea salt

## DIRECTIONS

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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.