

## Tomato and fennel-encrusted catfish

### ASK FOR

Channel catfish farmed in the U.S.

1 ½ lbs catfish filets  
10 plum tomatoes, chopped  
¾ cup fennel, chopped  
1 clove garlic, chopped  
2 Tbsp olive oil  
Salt / pepper to taste

*Serves 4*

Preheat oven to 375°.

Heat garlic and oil in sauté pan until translucent (approximately 1 minutes). Add all other ingredients, including salt and pepper, and sauté until juice from tomatoes begins to thicken (approximately 6 minutes). Let mixture cool for 10 minutes.

Cut catfish into four portions and remove any bones (if present). Place the filets into an oven-safe baking dish with at least ½ inch between the filets. Sprinkle each filet with salt and pepper. Top each filet with ¼ of the tomato and fennel mixture and bake until firm (approximately 13 minutes). Serve at once with baked fingerling potatoes or starch of choice.



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