

Lime-Orange Catfish

Ingredients

1/4 cup fresh Lime Juice
1/3 cup Orange Juice
2 tsp Sugar
1 garlic clove, pressed
1/4 tsp Salt
1/2 tsp Dry Mustard
1/2 tsp Paprika
2 tbsp Olive Oil
6 Catfish Fillets

Directions

Whisk together first 8 ingredients; gradually whisk in olive oil until well blended. Remove half of juice mixture, set aside.

Place catfish in shallow dish or heavy duty zip-top plastic bag. Pour remaining marinade over fish. Cover or seal and chill for 15-30 minutes. Flip once. Remove fish and discard marinade.

Fish can be grilled or broiled. Be sure to coat grill racks or broiler pan with non-stick cooking spray prior to cooking. Cook approximately 10 minutes, flipping once halfway through, or until fish is opaque and flakes easily with a fork.

Drizzle with reserved marinade and serve!

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