

Blackened Catfish with Cajun Slaw

Cajun

A lean Cajun-style blackened catfish served with a light vinegar-based cabbage slaw for a flavorful, lower-calorie meal.

Ingredients:

Fish:

- * 2 fillets catfish fillets (about 5–6 oz each)
- * 30 count raw shrimp

Seasoning & Cooking:

- * 2 tsp Cajun seasoning (divided between f...)
- * 1 tsp olive oil (for cooking)

Cajun Slaw:

- * 2 cups green cabbage (shredded)
- * 1 tbsp apple cider vinegar
- * 1 tsp olive oil
- * 1 tsp honey



Instructions:

1. Pat catfish fillets dry and coat both sides evenly with Cajun seasoning.
2. Heat olive oil in a skillet over medium-high heat.
3. Cook catfish for about 3 to 4 minutes per side until blackened and cooked through.
4. Cook shrimp in a hot non-stick skillet using cooking spray for 2–3 minutes per side until opaque.
5. In a bowl, combine shredded cabbage, apple cider vinegar, olive oil, and honey to create the slaw.
6. Serve the blackened catfish over or alongside the Cajun slaw.

Notes:

can use tilapia instead of catfish if you want

Servings: 2 | Serving size: 1 plate | Calories: 385 | Protein: 47g