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MetaBurn90 Day 2, Meal 3

Catfish with Peanut Romesco and Collard Greens

Romesco is a nutty red sauce that pairs perfectly with fish for this fun and delicious dish. You could use any flaky white fish in place of the catfish, and you can even substitute pine nuts, almonds, or hazelnuts if peanuts are a no-go. A quick and simple low-carb dish, you could also serve this with rice or pasta if your macros allow it.

Prep time: 5 min. Cook time: 20 min.

Serving size: 1 filet

Recipe yields 1 serving

Ingredients

4-oz. catfish filet (or similar white fish such as rockfish, snapper, or sea bass)

1/4 cup peanuts

1/4 cup roasted red peppers

1 tsp harissa paste

4 cloves of garlic

Half a yellow onion

2 cups chopped collard greens

1/4 cup vegetable stock

Salt to taste

2 tsp olive oil

Directions

1. Toast the peanuts in an oven for a few minutes at 400 degrees F. Allow them to cool, then pulse in a food processor until coarsely ground. Add 2 cloves of garlic, peppers, and harissa. Pulse into a paste.
2. Thinly slice the onions and remaining 2 cloves of garlic and sweat in a pan on medium to low heat until very soft. Add the collard greens and vegetable stock, cooking on low for 5-8 minutes. Season to taste with salt.
3. Meanwhile, heat a skillet on high with about 2 teaspoons of olive oil. Season the fish with salt, and when the oil gets very hot, add the fish by gently dropping it away from you to avoid splashing any oil on yourself. Cook on high for about 3

minutes, and then gently flip the fish and cook for 3 more minutes, or slightly more depending on thickness.

4. Serve over collard greens, and drizzle with peanut romesco.