



**SIMMONS
FARM RAISED
CATFISH**

Seared Thai-Style Delacata with Curried Noodles



INGREDIENTS

2 7- to 9-ounce Delacata fillets
1/2 tsp salt
1/2 tsp pepper
3 tbsp canola oil
2 tbsp ginger, peeled and grated
2 garlic cloves, minced
1 lime, juiced
1/8 tsp red chili flakes

2 cups soba noodles, cooked
1 tbsp canola oil
1 red bell pepper, sliced
1/2 cup snow peas
1/4 green onions, sliced on the bias
3/4 cup unsweetened coconut milk
1 tbsp curry paste
Salt to taste
Fresh cilantro, optional

Prep Time: 25 m

Cook Time: 11 m

Ready in: 36 m

Servings: 2

1. Place fillets in a shallow dish; sprinkle with salt and pepper.
2. In a small bowl, combine oil, ginger, garlic, lime juice and chili flakes. Pour ginger mixture over fillets and coat both sides. Cover and refrigerate for 20 minutes to marinate.
3. Cook soba noodles according to package; drain and set aside.

4. Place a large pan over medium heat. Add oil; when hot, add Delacata fillets. Cook 4 minutes; turn fillets. Cook 4 more minutes. Remove fillets from pan and set aside.
5. Add bell pepper, peas and onions to pan. Cook 3 minutes. Stir in coconut milk and curry paste. Add cooked noodles and toss to coat. Season with salt as needed.
6. Serve Delacata over a small bed of the curried noodles. Garnish with fresh cilantro.