

Fried Catfish Sandwich with Katsu Special Sauce

Hearty sandwich with crispy fish with crunchy slaw and a tangy sauce.



YIELD: 1 each	SERVING SIZE: 1 SERVING = 1 sandwich	SOURCE: Seattle Public Schools
NUTRITIONAL CONTRIBUTION PER SERVING: 4 oz meat/meat alternative, 1 eq grain, 1/4 cup vegetable		

INGREDIENTS	QUANTITY	DIRECTIONS
Catfish Fillet	4 oz	<p>For the catfish:</p> <ol style="list-style-type: none"> Mix cornmeal and cajun seasoning in medium bowl. Dredge catfish with cornmeal mixture until fully coated on both sides. Heat vegetable oil in a pan over medium heat until oil is hot. Pan fry the fish until golden brown, flip, and cook on other side until fully cooked. Sprinkle catfish with salt after removed from pan.
Coleslaw (recipe follows)	½ cup	
Hoagie Roll	1 each	
Katsu Special Sauce (recipe follows)	2 Tbsp	
CATFISH		
Catfish Fillet	1 each	<p>For the Katsu Special Sauce:</p> <ol style="list-style-type: none"> Combine all ingredients in bowl, reserve. <p>To assemble the sandwich:</p> <ol style="list-style-type: none"> Spread special sauce on both sides of the roll. Split catfish fillet lengthwise and place onto the bread. Add coleslaw onto sandwich, next to catfish.
Cornmeal	1 cup	
Cajun Seasoning	1 Tbsp	
Vegetable Oil	3 Tbsp	
Coarse Salt	1 tsp	
KATSU SPECIAL SAUCE		
Kikkoman Katsu Sauce	2 Tbsp	
Mayo	4 Tbsp	
Sesame Oil	1 tsp	
Sriracha	1 tsp	
Lemon Juice	1 tsp	

NUTRITION INFORMATION PER SERVING											
Calories	1598	Total Fat	87.5 g	Saturated Fat	17 g	Cholesterol	107 mg	Sodium	4330 mg	Protein	41.1 g
Total Carbohydrate	172.1 g	Dietary Fiber	16.7 g	Total Sugar	16.6 g	Vitamin D	0 mg	Calcium	217 mg	Iron	10 mg