Louisiana Harvest of the Month

Cajun Catfish Cakes

Home Recipe

Serves: 6
Prep Time: 10 minutes
Cook Time: 25 minutes

Ingredients

- 4 catfish fillets, about 6 oz. each
- 2 tsp Cajun seasoning
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ¼ tsp black pepper
- ¼ tsp red pepper flakes
- 2 Tbsp canola oil
- ½ cup saltine crackers, crushed
- 1 red bell pepper
- 2 Tbsp mayonnaise
- 2 Tbsp spicy brown mustard
- 1 large egg, beaten

Nutrition Facts

6 Servings Per Container
Serving Size 2 Cakes (154g)

Amount Per Serving	
Calories	**240**
	% Daily Value *
Total Fat 16g	**21%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 100mg	**34%**
Sodium 580mg	**25%**
Total Carbohydrate 4g	**2%**
Dietary Fiber <1g	**3%**
Total Sugars <1g	
Includes 0g Added Sugars	**0%**
Protein 19g	
Vitamin D 0.4mcg	2%
Calcium 20mg	2%
Iron 0.9mg	4%
Potassium 410mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Instructions

1) Preheat oven to 375°F.
2) Season the catfish on both sides with the Cajun seasoning, garlic powder, onion powder, smoked paprika, black pepper, and red pepper flakes. In a skillet on medium high heat, add oil, then cook the fillets until cooked through, about 5 minutes on each side. Remove to a plate and let cool.
3) In a large bowl, combine the cracker crumbs, mayonnaise, mustard, and egg. Shred the fish with a fork then add to the cracker mixture, along with the bell pepper. Fold everything together then form into 8 cakes.
4) Place cakes on a parchment-lined baking sheet bake for 12 to 15 minutes, or until slightly browned.
5) Serve hot over a bed of lettuce or on slider buns with a remoulade sauce.

Alternative air fryer cooking instructions: Preheat air fryer temperature to 375 degrees. Spray the bottom of the air fryer basket with nonstick cooking spray. Cook the cakes in a single layer for 10 minutes, or until browned.

Adapted from *Food Network*

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