

## Creole Catfish

*Recipe makes 1 serving*

*Each serving = 1 protein, 1 vegetable*

### Ingredients

- \* 100 grams catfish (or any whitefish)
- \* 100 grams chopped tomato
- \* 1/2 cup water
- \* 1 tsp minced onion
- \* 1-2 tsp cajun seasoning

### Directions

1. Preheat pan over MED-HI heat.
2. Cut fish into bite size pieces.
3. Place fish in ziplock bag. Add minced onion & cajun seasoning to coat.
4. Pan fry coated fish in pan with water.
5. Cook 3-4 mins. If all the water cooks off, add more as needed.
6. Add chopped tomato & stir fry for another 5-10 mins until tomatoes become tender and dish becomes more soupy.

