

Blackened local fish with succotash

Quick and Easy



10 min/ 15 min



Gluten, Dairy and Nut-free



Blackening is a traditional Cajun cooking technique - coating fish in a spice rub and cooked in a screaming hot, cast iron skillet, which chars the spices. Typically, the rub is a blend of paprika, thyme, garlic powder, and cayenne powder. Instead of the traditional butter-soaked fish, we lighten up the dish by applying the spice rub directly to the fish and using a neutral oil for cooking. Succotash, a dish that heralds from both New England and the South, is the perfect summer accompaniment: golden corn kernels are sautéed with farm-fresh green beans, cherry tomatoes, edamame, and yellow onion. Succotash always involves corn and some sort of bean: our version (with a twist) will become a new summer side dish favorite.

Did you know?

Corn & Green Beans – are two of the Three Sisters, historically the main food source of many Native American tribes. The Native Americans found a way to grow corn, beans, and squash together so they benefit from each other and produce a bountiful harvest. The corn stalks provide a structure for the beans to grow on, the beans emit nitrogen in the soil for the plants to use, and the squash grows as a ground cover, keeping weeds from sprouting and keeping pests out with their prickly vines.

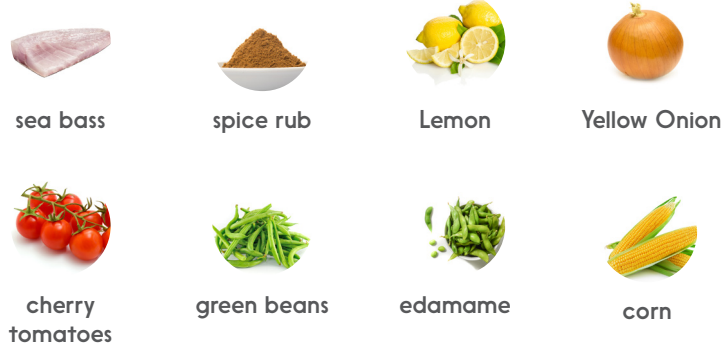
Sea bass – is a low calorie, high protein fish – a 3 oz. serving is equal to 40% of your daily recommended protein value! It's great for giving your body the energy it needs and making sure your metabolism is functioning correctly. Sea Bass is also a great source of selenium, which helps your body produce antioxidants. However, this healthy fish also contains small amounts of mercury, so it is very important not to eat more than 6 servings in a month.

The Tools

- prep bowls
- knife
- cutting board
- measuring spoons
- tongs
- colander
- regular skillet
- non-stick skillet
- medium pot with lid
- whisk
- fish spatula (optional)

The Ingredients

In your eat2explore bag:



Not included in your eat2explore bag: neutral oil (safflower, canola, vegetable), salt, cracked pepper

All ingredient amounts and weights are approximate. Our fresh produce and protein are locally grown and sourced.

Kids will use these skills: whisking, cutting wedges, dicing, husking, halving, trimming, chopping, boiling, blanching, sauteing.



Instructions: Green for kids

General practices: Always wash your hands before food preparation AND always wash and dry all fresh produce. Adult supervision when using the stove or oven.



1. Prep ingredients

- **Lemon** – slice into wedges.
- **Onion** – peel and dice.
- **Green beans** – trim ends and discard. Cut into 1/2-inch pieces.
- **Corn** – shuck.
- **Cherry tomatoes** – halve.
- **Fish** – whisk together **spice rub** with 1 teaspoon **salt** and **freshly ground pepper**. Evenly coat fish with rub and let sit covered in the refrigerator for 15 minutes.



2. Boil corn and green beans

- Bring a medium pot of **water** to boil.
- Once boiling, add the **corn** and cook until the ears become a golden yellow, about 5 minutes. Carefully remove using tongs and let cool.
- Once cool, lay **corn** flat on a cutting board and cut down the side to remove corn kernels. Rotate the cob and continue cutting and rotating until all the kernels are removed. Discard the corn cob.
- Add **green beans** to boiling water and let boil until bright green, about 1-2 minutes. Drain in a colander and run cold water over beans to stop the beans from further cooking.



3. Prepare succotash

- In a skillet, heat 1 tablespoon **olive oil** over medium-high heat until hot. Add the **onion** and sauté until tender, about 3 minutes.
- Add the **corn kernels**, **edamame**, **green beans**, **cherry tomatoes**, 1/2 teaspoon **salt**, and **freshly cracked pepper** to the skillet. Sauté until just cooked through and warm, about 3 minutes. Remove from heat.



4. Prepare fish

- In a non-stick skillet, heat 1 tablespoon **neutral oil** over medium-high heat until hot.
- Carefully add the fish in one layer to the skillet. Do not overcrowd the pan – cook in batches if necessary. Let cook 3-4 minutes, or until **fish** is beginning to blacken. Carefully flip fish using a spatula and cook another 2-3 minutes, or until cooked through.



5. Complete the dish

- Place hot fish on plate with lemon wedges alongside succotash.



Enjoy!