



Ingredients

- 1 cup flour
- 3 tablespoons Creole seasoning
- 4 catfish fillets
- 2 tablespoons canola oil

What To Do:

Put flour and Creole seasoning into a 9 by 13 baking dish and mix together. Dredge catfish through the flour then dust off the excess.

Heat canola oil in a skillet over medium-high heat. When it's hot add the catfish fillets and sauté on both sides for about 5-minutes per side.