

Southern Catfish Tacos + Pickled Okra

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-pickled-okra-recipe>

Ingredients:

- 1 1/4 pounds okra
- 1 cup cider vinegar
- 1 cup water
- 2 tablespoons kosher salt
- 3 tablespoons pickling spice
- 4 jalapenos fresh, thinly sliced
- 1 red onion thinly sliced
- 3/4 cup canola oil mayonnaise
- 1/4 cup horseradish mustard
- 1 tablespoon Cajun seasoning
- 1 tablespoon Louisiana Hot Sauce
- 1 tablespoon lemon
- pickle juice
- worcestershire sauce Splash
- 1 dash salt and ground black pepper coarse
- 14 ounces coleslaw mix
- 1 pound catfish fillets fresh, patted dry and chopped in strips
- 1 dash salt and ground black pepper coarse
- 2 tablespoons old bay seasoning
- 2 cups corn meal
- 2 large eggs
- 2 tablespoons corn oil
- 10 corn tortillas lightly toasted

Nutrition:

1. Calories: 910 calories
2. Carbohydrate: 106 grams

3. Cholesterol: 170 milligrams
 4. Fat: 39 grams
 5. Fiber: 17 grams
 6. Protein: 37 grams
 7. SaturatedFat: 6 grams
 8. Sodium: 4280 milligrams
 9. Sugar: 8 grams
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