

# Pan-Seared Lemon Herb Catfish Fillet

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/catfish-fillet-chinese-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon Earth Balance Buttery Spread or regular butter
- 2 catfish fillets
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 teaspoons dried thyme
- 1 tablespoon lemon juice
- flat leaf parsley for garnish, optional

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 140 milligrams
4. Fat: 35 grams
5. Fiber: 1 grams
6. Protein: 48 grams
7. SaturatedFat: 8 grams
8. Sodium: 510 milligrams

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