

# Fried Catfish Po Boy

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-po-boy-recipe>

## Ingredients:

- 2 cups red cabbage shredded
- 1/4 cup mayonnaise
- 1/2 teaspoon coarse salt
- 1/4 teaspoon celery salt
- 1 pinch freshly ground black pepper
- 1 tablespoon lemon juice freshly squeezed
- 1 egg
- 2 catfish fillets large
- 1/2 cup yellow cornmeal
- 1/4 teaspoon salt each, and cayenne pepper
- canola oil for frying
- 1 Italian roll or long French
- 1 tomato ripe, thinly sliced
- 4 leaves red-leaf lettuce washed and dried
- dill pickles sliced

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 125 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 920 milligrams
9. Sugar: 4 grams

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