

South Carolina Vegan Catfish and Coleslaw

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/trisha-southern-kitchen-eggplant-dip-recipe>

Ingredients:

- 1/2 head green cabbage finely shredded
- 1/2 head red cabbage finely shredded
- 1 large carrot finely shredded
- 1 white onion small, finely chopped
- 1/4 cup vegan mayonnaise
- 2 tablespoons white sugar
- 1 tablespoon lemon juice
- 1 tablespoon distilled white vinegar
- sea salt to taste
- freshly ground black pepper to taste
- 1 cup vegan mayonnaise
- 1/4 cup dill pickle minced, or sweet relish
- 1/2 teaspoon dried tarragon
- 1 teaspoon fresh dill chopped
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon sugar
- 1/2 tablespoon capers drained, optional
- sea salt to taste
- freshly ground pepper to taste
- 2 eggplants small
- 3/4 cup yellow cornmeal fine
- 1/2 cup all-purpose flour
- 1 teaspoon Old Bay Seasoning
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne
- 1/2 teaspoon sea salt
- 1 cup nut milk unsweetened
- 2 teaspoons hot sauce preferably a vinegar-heavy brand like Texas Pete or Louisiana Hot Sauce
- 2 cups frying oil preferably peanut or sunflower

- lemon wedges
- hot sauce
- tartar sauce Vegan

Nutrition:

1. Calories: 1380 calories
2. Carbohydrate: 84 grams
3. Fat: 115 grams
4. Fiber: 18 grams
5. Protein: 11 grams
6. SaturatedFat: 9 grams
7. Sodium: 1050 milligrams
8. Sugar: 21 grams

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