

# FIXIN' A FRESH CATCH



**2<sup>99</sup>**

LOCAL



**10<sup>99</sup>**

**Fisherman's Wharf Flounder or Tilapia Fillets** 12-16 oz  
**SAVE UP TO \$8**

**Crawfish Tail Meat** 12 oz • Product of USA  
**SAVE UP TO \$7**



**8<sup>99</sup>**  
LB

**Crab Clusters** Wild caught • Frozen bagged



**6<sup>99</sup>**  
EA

**Whole Cooked Lobster** 12-14 oz



**7<sup>99</sup>**  
LB

**Cooked Lobster Claw & Arm** Frozen bagged



**7<sup>99</sup>**

**Fisherman's Wharf Raw Shrimp** 16 oz  
21-30 ct peeled and deveined  
**SAVE UP TO \$13**



LOCAL

**7<sup>99</sup>**

**Cartozzo's Crawfish Bread** 18 oz  
**SAVE UP TO \$2**



**12<sup>98</sup>**

**Wood's Fisheries White Headless Shrimp** 2 lb  
31-40 ct • Product of USA • Wild caught  
**SAVE UP TO \$7.01**

## BLACKENED CATFISH

### Ingredients

- 4 catfish fillets
- 1/2 cup melted butter
- 1/2 cup Chef Paul Prudhomme Blackened seasoning

### Instructions

Heat a heavy cast iron pan over high heat for 3-4 minutes.  
\*Make sure you have the vent on and windows open!\*

While the pan heats up, melt butter in microwave and pour seasoning in a bowl. Dip the fish fillets into the melted butter then dredge in blackened spice. Do this with each fillet.

Carefully place each fillet in the cast iron pan. The pan will smoke and sizzle aggressively. Don't be scared, that's normal!

Cook for 2-3 minutes on this side, then using a wide metal spatula, carefully flip fish onto the other side and cook for an additional 2-3 minutes.

\*If you overcrowd the pan, the fish will not blacken properly. Cook two fillets at a time, wiping the pan out between uses.\*



LOCAL

**5<sup>99</sup>**  
LB



**Fresh Catfish Fillets**

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