

Stuffed Catfish with Spinach and Shrimp - A Flavor-Packed Baked Seafood Delight

Stuffed Catfish with Spinach, Shrimp, and Cheese: An Elegant, Flavorful Dinner



OVEN
375°F

TIME
5 min

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INGREDIENTS

- 4 catfish fillets
- 1 cup shrimp, peeled and deveined
- 2 cups fresh spinach
- 1 cup shredded mozzarella cheese
- 1/2 cup cream cheese, softened
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp lemon zest
- Salt and pepper to taste
- 1 tbsp lemon juice
- 2 tbsp breadcrumbs (optional)
- Fresh parsley, chopped, for garnish

Ingredient Tips and Substitutes:

Shrimp: Small to medium-sized shrimp work best; chop them for easier stuffing.

Catfish: You can substitute with tilapia or flounder if needed.

Cheese: Swap mozzarella for provolone or fontina for different melty textures.

Breadcrumbs: For crunch, add seasoned panko on top before baking.

Instructions:

1. Preheat the oven:
2. Cook the shrimp and spinach:
3. Make the filling:

4. Stuff the catfish:

5. Bake:

Tips for Success:

Let the cream cheese come to room temperature before mixing-it blends more easily.

Use a toothpick or kitchen twine to secure the fillets if they're thick or springy.

Don't overcook the fish; check at the 20-minute mark to keep it tender.

Serving Suggestions:

This Instant Pot Lasagna for a surf-and-turf spread.

3-Ingredient Egg Wraps for a low-carb side or light lunch option.

Crockpot Nacho Dip to kick off a cozy dinner party.

Storage & Leftovers:

Fridge: Store in an airtight container for up to 2 days.

Reheat: Bake at 325°F until warmed through; avoid microwaving as it may dry the fish.

DIRECTIONS

1. Preheat the oven: Preheat to 375°F (190°C) and lightly grease a baking dish.? Duration: 5 minutes
2. Cook the shrimp and spinach: In a skillet, heat olive oil over medium heat. SautØ garlic until fragrant (about 30 seconds), then add shrimp. Cook until pink, about 3 minutes. Add spinach and stir until wilted. Remove from heat.? Duration: 5 minutes
3. Make the filling: In a bowl, mix the shrimp-spinach mixture with cream cheese, mozzarella, Parmesan, lemon zest, salt, and pepper until smooth and combined.? Duration: 5 minutes
4. Stuff the catfish: Lay the catfish fillets flat. Spoon the filling onto one half of each fillet and fold the other half over. Secure with toothpicks if needed.? Duration: 5 minutes
5. Bake: Place stuffed fillets in the baking dish. Drizzle with lemon juice and sprinkle with breadcrumbs if using. Bake for 20-25 minutes, until the fish flakes easily.? Duration: 25 minutes
6. Tips for Success: Let the cream cheese come to room temperature before mixing-it blends more easily.
7. Use a toothpick or kitchen twine to secure the fillets if they're thick or springy.
8. Don't overcook the fish; check at the 20-minute mark to keep it tender.
9. Serving Suggestions: This stuffed catfish is excellent served over rice, mashed potatoes, or with garlic roasted veggies. For a full meal, pair it with:
10. This : Instant Pot Lasagna for a surf-and-turf spread.
11. 3-Ingredient Egg Wraps for a low-carb side or light lunch option.

12. Crockpot : Nacho Dip to kick off a cozy dinner party.
13. Storage & Leftovers: Fridge: Store in an airtight container for up to 2 days.
14. Reheat: Bake at 325°F until warmed through; avoid microwaving as it may dry the fish.
15. Freeze: Not recommended-cream cheese and spinach can separate when thawed.
16. More Recipes You'll Love: Sheet Pan Quesadillas - a crowd-friendly main dish.
17. The : Best Peanut Butter Brownies - end the meal with rich, gooey chocolate-peanut butter goodness.
18. Final Thoughts: If you're craving something hearty, healthy-ish, and full of flavor, this Stuffed Catfish with Spinach, Shrimp, and Cheese is a must-try. It's comfort food with an elegant twist-and once you taste the creamy filling, you'll be making it again and again. Let me know how it turned out in the comments, and don't forget to follow for more recipes like this!

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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