

Crispy Fried Catfish Stuffed with Spinach and Mozzarella

Stuffed Fried Catfish with Spinach and Cheese

OVEN
350°F

TIME
2 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Catfish:

4 catfish fillets, skinless and boneless
1 teaspoon paprika
1 teaspoon Cajun seasoning or Old Bay
Salt to taste
Black pepper to taste

For the Spinach Cheese Filling:

1 cup fresh spinach, chopped
1 cup cream cheese, softened
¾ cup shredded mozzarella cheese
... cup grated Parmesan cheese
2 garlic cloves, minced
1 tablespoon olive oil or butter

For the Coating:

1 cup all-purpose flour
1 cup cornmeal
1 teaspoon cayenne pepper (optional)
2 eggs, beaten
¾ cup buttermilk or milk

For Frying:

Vegetable oil

DIRECTIONS

1. Prepare the Spinach Filling: Heat olive oil or butter in a skillet over medium heat.
2. Add minced garlic and sauté for about 30 seconds until fragrant.
3. Add chopped spinach and cook for 1-2 minutes until wilted.
4. Remove from heat and stir in:
5. Cream cheese
6. Mozzarella
7. Parmesan
8. Season lightly with salt and pepper. Let the mixture cool slightly.
9. Prepare the Catfish Fillets: Pat the catfish fillets dry with paper towels.
10. Carefully cut a pocket into the thickest part of each fillet without slicing all the way through.
11. Stuff the Fish: Spoon the spinach cheese mixture into each pocket.
12. Secure the opening with toothpicks if needed.
13. Season the Fillets: Season the outside of the fillets with:
14. Cajun seasoning
15. Paprika
16. Salt
17. Black pepper
18. Prepare the Coating: In one bowl combine:
19. Flour
20. Cornmeal
21. Cayenne pepper (optional)
22. In another bowl whisk together the eggs and buttermilk.
23. Coat the Fish: Dip each stuffed fillet:
24. Into the flour mixture
25. Into the egg mixture

SWAPS & NOTES

This recipe is flexible and easy to adjust to your taste.

Fish options: If catfish isn't available, tilapia, haddock, or

cod fillets can work as substitutes.

Spinach alternatives: Frozen spinach can be used if thoroughly drained.

Cheese variations: Sharp cheddar or Monterey Jack can replace mozzarella.

TIPS FOR SUCCESS

Maintaining 350°F ensures crispy fish without absorbing excess oil.

Too much filling may cause the fish to split while frying.

This helps the coating stick properly.

Allowing the breaded fish to sit for a minute before frying helps the crust adhere.

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

Original recipe: <https://chefmaniac.com/crispy-fried-catfish-stuffed-with-spinach-and-mozzarella/>