



Pan-Fried Honey-Chipotle Salmon

with Ranch Spinach Slaw & Coriander

Grab your Meal Kit with this symbol



Cucumber



Mild Chipotle Sauce



Salmon



Slaw Mix



Baby Spinach Leaves



Ranch Dressing

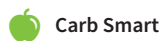


Garlic Aioli



Chicken Breast

Prep in: **15-25 mins**
Ready in: **15-25 mins**



Carb Smart

Tonight, we're giving salmon some Mexican flair. The mild honey-chipotle combo works beautifully with the rich, crispy-skinned salmon - which we've served with a creamy, colourful slaw to keep the carbs down.

Eat Me First

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
mild chipotle sauce	1 packet	2 packets
honey*	½ tbs	1 tbs
salmon	1 small packet	2 small packets OR 1 large packet
slaw mix	1 small bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
ranch dressing	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2351kJ (562Cal)	635kJ (152Cal)
Protein (g)	31.5g	8.5g
Fat, total (g)	42.1g	11.4g
- saturated (g)	5.3g	1.4g
Carbohydrate (g)	13.5g	3.6g
- sugars (g)	10.8g	2.9g
Sodium (mg)	630mg	170mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1847kJ (441Cal)	467kJ (112Cal)
Protein (g)	36.9g	9.3g
Fat, total (g)	26.6g	6.7g
- saturated (g)	3.1g	0.8g
Carbohydrate (g)	12.4g	3.1g
- sugars (g)	10.8g	2.7g
Sodium (mg)	657mg	166mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Slice **cucumber** into thin rounds.
- **SPICY!** This is a mild sauce, but use less if you're sensitive to heat. In a small bowl, combine **mild chipotle sauce**, the **honey** and a splash of **water**. Season with **salt** and **pepper**. Set aside.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



Assemble the slaw

- Meanwhile, in a medium bowl, combine **slaw mix**, **cucumber**, **baby spinach leaves**, **ranch dressing** and a drizzle of the **white wine vinegar** and **olive oil**. Season to taste.



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Pat **salmon** dry with paper towel and season both sides. Cook **salmon**, skin side-down first, until just cooked through, **2-4 minutes** each side (depending on thickness).
- Remove pan from heat then add **honey-chipotle mixture**, gently turning **salmon** to coat.

TIP: Patting the salmon skin dry helps it crisp up in the pan!

Custom Recipe: Heat pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side. Remove pan from heat then add honey-chipotle mixture, gently turning chicken to coat.



Serve up

- Divide pan-fried honey-chipotle salmon and ranch spinach slaw between plates.
- Spoon any remaining glaze from pan over salmon.
- Serve with **garlic aioli**. Enjoy!

Rate your recipe

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