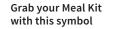


Quick Mexican Seared Salmon with Charred Corn Slaw

DIETITIAN APPROVED















Salmon





Tex-Mex Spice



Slaw Mix

Blend



Smokey Aioli



Prep in: 20-30 mins Ready in: 20-30 mins

Eat Me First



*Custom Recipe is not Dietitian Approved

Give juicy salmon some heat with our Tex-Mex spice blend and you have a flavourful protein for a carb-conscious bowl. The charred corn slaw is a wonderful addition to keep the carbs low but the crunch up!

Pantry items

Olive Oil, 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		
sweetcorn	1 tin (125g)	1 tin (300g)		
baby spinach leaves	1 small bag	1 medium bag		
garlic	2 cloves	4 cloves		
salmon	1 small packet	2 small packets OR 1 large packet		
Tex-Mex spice blend	1 medium sachet	1 large sachet		
slaw mix	1 small bag	1 large bag		
smokey aioli	1 medium packet	2 medium packets		
white wine vinegar*	drizzle	drizzle		
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)	2095kJ (501Cal)	635kJ (152Cal)
Protein (g)	32.8g	9.9g
Fat, total (g)	33.5g	10.2g
- saturated (g)	4.9g	1.5g
Carbohydrate (g)	15.2g	4.6g
- sugars (g)	9g	2.7g
Sodium (mg)	873mg	265mg
Dietary Fibre (g)	6.2g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1590kJ (380Cal)	448kJ (107Cal)
Protein (g)	38.2g	10.8g
Fat, total (g)	17.9g	5g
- saturated (g)	2.7g	0.8g
Carbohydrate (g)	14.1g	4g
- sugars (g)	9g	2.5g
Sodium (mg)	901mg	254mg
Dietary Fibre	6.4g	1.8g

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

- Drain sweetcorn.
- · Roughly chop baby spinach leaves.
- Finely chop garlic.
- Heat a large frying pan over high heat. Cook corn kernels until lightly browned, 4-5 minutes. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are 'popping' out.

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



Toss the slaw

 To the bowl with the charred corn, add slaw mix, spinach, smokey aioli and a drizzle of olive oil and the white wine vinegar. Season and toss to combine.



Cook the salmon

- Return frying pan to medium-high heat with a drizzle of olive oil. Pat salmon dry with paper towel and season both sides (patting the skin dry helps it crisp up in the pan!).
- When oil is hot, cook salmon, skin-side down first, until just cooked through,
 2-4 minutes each side.
- In the last minute, add garlic and sprinkle over Tex-Mex spice blend and cook, until fragrant, gently turning salmon to coat.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over mediumhigh heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). In the last minute, add the spice blend as above.



Serve up

 Divide Mexican seared salmon and charred corn slaw between plates to serve. Enjoy!

Custom Recipe: Divide Mexican chicken and charred corn slaw between plates to serve.