



# Mexican Seared Salmon

with Charred Corn Slaw

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Sweetcorn



Baby Spinach Leaves



Garlic



Salmon



Tex-Mex Spice Blend



Slaw Mix



Garlic Aioli



Chicken Breast

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

Carb Smart

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!

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

### 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
<b>olive oil*</b>	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
garlic aioli	1 medium packet	1 large packet
<b>white wine vinegar*</b>	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](https://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



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## Get prepped

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

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

3



## Toss the slaw

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

2



## 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**. Cook until fragrant, gently turning **salmon** to coat.

**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. In a large frying pan, heat a drizzle of olive oil over medium-high 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.

4



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)