



Pan Fried Honey-Chipotle Salmon

with Ranch Spinach Slaw

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Mild Chipotle Sauce



Garlic Aioli



Salmon



Slaw Mix



Baby Spinach Leaves



Ranch Dressing



Beef Rump

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

Carb Smart

Eat Me First

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.

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

Pantry items

Olive Oil, Honey

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
garlic aioli	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
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
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2333kJ (558Cal)	635kJ (152Cal)
Protein (g)	31.5g	8.6g
Fat, total (g)	42.1g	11.5g
- saturated (g)	5.3g	1.4g
Carbohydrate (g)	12.5g	3.4g
- sugars (g)	9.8g	2.7g
Sodium (mg)	630mg	171mg
Dietary Fibre (g)	5.3g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1751kJ (418Cal)	464kJ (111Cal)
Protein (g)	33.6g	8.9g
Fat, total (g)	26g	6.9g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	11.3g	3g
- sugars (g)	9.8g	2.6g
Sodium (mg)	648mg	172mg
Dietary Fibre	5.3g	1.4g

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**, **garlic aioli** and the **honey**. Set aside



Assemble the slaw

- Meanwhile, in a medium bowl, combine **slaw mix**, **cucumber**, **baby spinach leaves**, **ranch dressing** and a drizzle of **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 (this helps the skin crisp up on the pan). Cook **salmon**, skin side-down first, until just cooked through, **2-4 minutes** each side (depending on thickness).
- Remove pan from heat then season with **salt** and **pepper**.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with salt and pepper. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



Serve up

- Divide ranch spinach slaw between bowls.
- Top with salmon and drizzle over chipotle aioli to serve. Enjoy!

Custom Recipe: Slice beef to serve.

Rate your recipe

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