



# Mexican Seared Salmon

with Charred Corn Slaw

NEW    DIETITIAN APPROVED    CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Corn Kernels



Baby Spinach Leaves



Garlic



Salmon



Tex-Mex Spice Blend



Slaw Mix




Garlic Aioli



Salmon

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

 Carb Smart\*  
*\*Custom recipe is not Carb Smart*

 Eat Me First

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
corn kernels	1 tin	2 tins
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
salmon**	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	6.2g	1.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3351kJ (801Cal)	713kJ (170Cal)
Protein (g)	61.3g	13g
Fat, total (g)	53.8g	11.4g
- saturated (g)	8.5g	1.8g
Carbohydrate (g)	16.4g	3.5g
- sugars (g)	9g	1.9g
Sodium (mg)	930mg	198mg

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.

1



## Get prepped

- Drain **corn kernels**.
- 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.

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 on 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 doubled your salmon, prepare as above and cook in batches for the best results.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



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