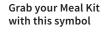


# Mexican Seared Salmon

with Charred Corn Slaw

NEW DIETITIAN APPROVED

CLIMATE SUPERSTAR









Corn Kernels





Salmon



Tex-Mex Spice Blend

Garlic Aioli



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

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!

**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

3				
	2 People	4 People		
olive oil*	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		
white wine vinegar*	drizzle	drizzle		
salmon**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# 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.



## 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.



#### 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.



# Serve up

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