



Mexican Seared Salmon

with Charred Corn Slaw

SUMMER SALADS

DIETITIAN APPROVED*

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweetcorn



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
Dietitian Approved or
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
olive oil*	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
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

*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)	874mg	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)	9.1g	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.

1



Get prepped

- Drain **sweetcorn**.
- Roughly chop **baby spinach leaves**.
- Finely chop **garlic**.
- Heat a large frying pan over high heat. Cook **corn**, tossing, 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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