

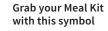
Mexican Seared Salmon

with Charred Corn Slaw

SUMMER SALADS

DIETITIAN APPROVED*

CLIMATE SUPERSTAR













Salmon





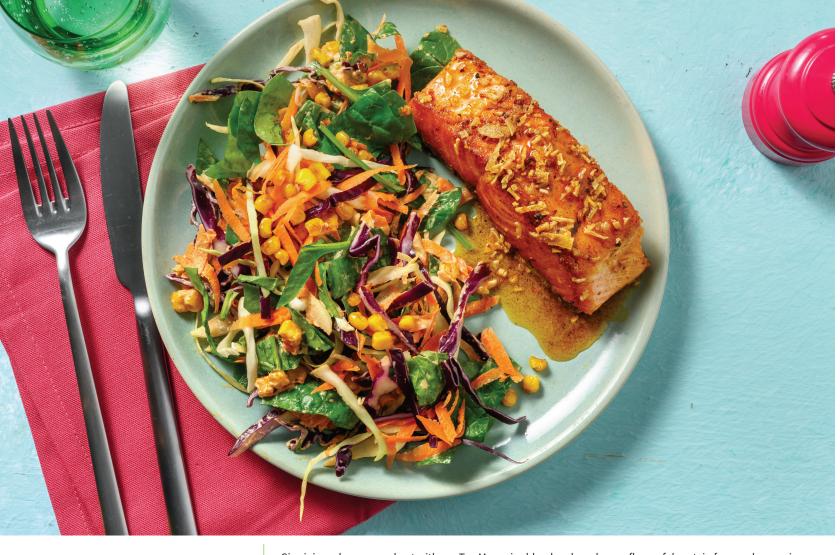


Tex-Mex Spice Blend



Garlic Aioli





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

Eat Me First



Carb Smart*

*Custom recipe is not Dietitian Approved or Carb Smart

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!

Olive Oil, White Wine Vinegar

Pantry items

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		
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.



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.



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!

