



Quick Pan-Fried Honey-Chipotle Salmon with Ranch Spinach Slaw

ADAPT FOR KIDS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pear



Garlic Aioli



Mild Chipotle Sauce



Salmon



Slaw Mix



Baby Spinach Leaves



Ranch Dressing



Salmon

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

Carb Smart*
*Custom recipe is not Carb Smart

Eat Me Early

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
pear	1	2
garlic aioli	1 medium packet	1 large packet
mild chipotle sauce	1 medium packet	2 medium packets
honey*	1 tsp	2 tsp
salmon	1 medium packet	2 medium packets OR 1 large packet
slaw mix	1 small packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
ranch dressing	1 medium packet	2 medium packets
salmon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2609kJ (624Cal)	751kJ (179Cal)
Protein (g)	31.2g	9g
Fat, total (g)	47.1g	13.6g
- saturated (g)	6g	1.7g
Carbohydrate (g)	17g	4.9g
- sugars (g)	13.9g	4g
Sodium (mg)	621mg	179mg
Dietary Fibre (g)	6.3g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3866kJ (924Cal)	793kJ (190Cal)
Protein (g)	59.8g	12.3g
Fat, total (g)	67.4g	13.8g
- saturated (g)	9.6g	2g
Carbohydrate (g)	18.1g	3.7g
- sugars (g)	14g	2.9g
Sodium (mg)	678mg	139mg
Dietary Fibre (g)	6.3g	1.3g

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

- Thinly slice **pear** into wedges.
- SPICY!** This is a mild sauce, but use less if you're sensitive to heat. In a second small bowl, combine **garlic aioli**, **mild chipotle sauce** and the **honey**. Set aside.

ADAPT FOR KIDS: Keep it mild! Use half the garlic aioli and honey as above for the adults portion. In a small bowl, combine the remaining garlic aioli and honey for the kids portion.



Assemble the slaw

- Meanwhile, in a medium bowl, combine **slaw mix**, **pear**, **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 doubled your salmon, prepare salmon as above. Cook salmon in batches for best results.



Serve up

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

ADAPT FOR KIDS: Plate up the meal and drizzle over the honey-garlic aioli sauce. Delish!

We're here to help!

Scan here if you have any questions or concerns



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