



Easy Tex-Mex Seared Salmon

with Charred Corn Slaw

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Sweetcorn



Baby Spinach Leaves



Garlic



Salmon



Tex-Mex Spice Blend



Slaw Mix



Smokey Aioli



Salmon



Chicken Breast

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

Calorie Reduced

Eat Me Early

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 packet	1 medium packet
garlic	2 cloves	4 cloves
salmon	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
slaw mix	1 small packet	1 large packet
smokey aioli	1 packet	2 packets
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2237kJ (535Cal)	722kJ (173Cal)
Protein (g)	31.1g	10g
Fat, total (g)	37.7g	12.2g
- saturated (g)	5.3g	1.7g
Carbohydrate (g)	15.7g	5.1g
- sugars (g)	9.3g	3g
Sodium (mg)	768mg	248mg
Dietary Fibre (g)	8.1g	2.6g

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 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

- Add **slaw mix**, **spinach**, **smokey aioli**, and a drizzle of **olive oil** and **white wine vinegar** to the charred **corn**. 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 with **Tex-Mex spice blend**. Cook until fragrant, gently turning **salmon** to coat.



Serve up

- Divide Tex-Mex seared salmon and charred corn slaw between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM OPTIONS

+ **DOUBLE SALMON**
Follow method above, cooking in batches if necessary.

↻ **SWAP TO CHICKEN BREAST**
Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

