



# 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 dinner delight. 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](https://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 a 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 | CW29



### 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.

