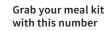


# Easy Tex-Mex Seared Salmon with Charred Corn Slaw

CLIMATE SUPERSTAR













Salmon







Smokey Aioli





Eat Me Early



## 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

<sup>\*</sup>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 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!



