



# Tex-Mex Seared Salmon & Charred Corn Slaw with Garlic Oil

AIR FRYER FRIENDLY

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

Carb Smart

Protein Rich

Eat Me Early

Give juicy salmon some heat with our Tex-Mex spice blend and you have a flavourful protein for a carb-conscious meal. 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 · Air fryer

## 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)	2221kJ (531cal)	357kJ (85cal)
Protein (g)	31.3g	5g
Fat, total (g)	37g	5.9g
- saturated (g)	5.1g	0.8g
Carbohydrate (g)	16.1g	2.6g
- sugars (g)	9.3g	1.5g
Sodium (mg)	765mg	123mg
Dietary Fibre (g)	8.1g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



## 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

- To the charred corn, add **slaw mix**, **spinach**, **smokey aioli** and a drizzle of **olive oil** and **white wine vinegar**. Season with **salt** and **pepper** and toss to combine.

### CUSTOM OPTIONS



#### DOUBLE SALMON

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Cook in a frying pan, until cooked through, 3-6 minutes each side.



## Cook the salmon

- Pat **salmon** dry with a paper towel and season both sides with **Tex-Mex spice blend**.
- In a small bowl, combine **garlic** and a drizzle of **olive oil**.
- Set air fryer to **200°C**. Place **salmon** skin-side up, into a foil-lined air fryer basket. Drizzle with **olive oil** and cook until just cooked through, **10-12 minutes**.
- In the last **2-3 minutes** of cook time, drizzle over **garlic oil** and cook until browned and fragrant.

**TIP:** No air fryer? Return frying pan to medium-high heat with a drizzle of olive oil. 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 Tex-Mex seasoning and cook until fragrant, gently turning salmon to coat.



## Serve up

- Divide Tex-Mex seared salmon and charred corn slaw between plates.
- Spoon over any extra garlic oil over salmon to serve. Enjoy!

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

