

# Tex-Mex Seared Salmon & Charred Corn Slaw

with Garlic Oil

AIR FRYER FRIENDLY CLIMATE SUPERSTAR Grab your meal kit with this number













Salmon



Spice Blend

Smokey Aioli



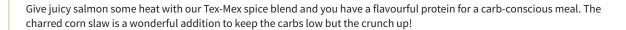
Prep in: 20-30 mins Ready in: 20-30 mins

Eat Me Early





**Protein Rich** 



# 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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
2221kJ (531cal)	357kJ (85cal)
31.3g	5g
37g	5.9g
5.1g	0.8g
16.1g	2.6g
9.3g	1.5g
765mg	123mg
8.1g	1.3g
	2221kJ (531cal) 31.3g 37g 5.1g 16.1g 9.3g 765mg

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

 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.



#### 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!







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.

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

