



Mexican Seared Salmon & Pea Pod Slaw

with Garlic Oil

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Sweetcorn



Baby Spinach Leaves



Pea Pods



Garlic



Mexican Fiesta Spice Blend



Salmon



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 Mexican Fiesta spice blend and you have a flavourful protein for a carb-conscious meal. The charred corn and pea pod 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 large packet
pea pods	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
salmon	1 medium packet	2 medium packets OR 1 large packet
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)	2289kJ (547cal)	317kJ (76cal)
Protein (g)	32.8g	4.5g
Fat, total (g)	37.1g	5.1g
- saturated (g)	5.1g	0.7g
Carbohydrate (g)	18.4g	2.5g
- sugars (g)	10.8g	1.5g
Sodium (mg)	766mg	106.1mg
Dietary Fibre (g)	9.4g	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 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**.
- Trim and roughly chop **pea pods**.
- Finely chop **garlic**.
- Heat a large frying pan over high heat. Cook **corn** 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

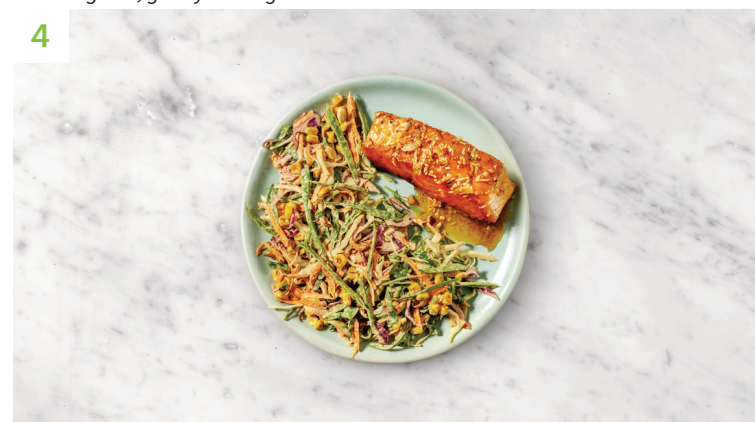
- To the charred corn, add **slaw mix**, **spinach**, **pea pods**, **smokey aioli** and a drizzle of **olive oil** and **white wine vinegar**. Season and toss to combine.



Cook the salmon

- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Pat **salmon** dry with a paper towel and season both sides with **Mexican Fiesta 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 seasoning and cook until fragrant, gently turning salmon to coat.



Serve up

- Divide Mexican seared salmon and pea pod slaw between plates.
- Spoon over any extra garlic oil over salmon to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



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.

