



Shortcut Tamarind Salmon Tacos

with Creamy Slaw & Sesame Seeds

NEW

Grab your meal kit with this number

6



Garlic



Tamarind Seasoning



Salmon



Slaw Mix



Mayonnaise



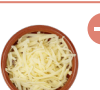
Mini Flour Tortillas



Sesame Seeds



Salmon



Cheddar Cheese

Prep in: 10-20 mins
Ready in: 20-30 mins

Eat Me Early

Slathered in our tamarind honey-soy glaze, the stickiest salmon awaits you. Once cooked and coated, flake it to serve in these soft tortillas and then pile them high with a creamy slaw and sesame seeds. This meal will change how you eat salmon forever.

Pantry items

Olive Oil, Honey, Soy Sauce, Vinegar (White Wine or Rice Wine)

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
garlic	1 clove	2 cloves
tamarind seasoning	1 sachet	2 sachets
honey*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tbs	1 tbs
salmon	1 medium packet	2 medium packets OR 1 large packet
slaw mix	1 small packet	2 small packets OR 1 large packet
mayonnaise	1 medium packet	2 medium packets
mini flour tortillas	6	12
sesame seeds	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3211kJ (767Cal)	912kJ (217Cal)
Protein (g)	38g	10.8g
Fat, total (g)	41.9g	11.9g
- saturated (g)	7.5g	2.1g
Carbohydrate (g)	55.3g	15.7g
- sugars (g)	10.7g	3g
Sodium (mg)	1132mg	322mg
Dietary Fibre (g)	7.1g	2g

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Finely chop **garlic**.
- In a small bowl, combine **tamarind seasoning, garlic**, the **honey, soy sauce** and **vinegar**.

3



Toss the slaw & heat tortillas

- In a large bowl, combine **slaw mix, mayonnaise** and a drizzle of **olive oil**. Season to taste with **salt** and **pepper**.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **salmon** dry with a paper towel.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.
- Remove from heat, then add the **honey-soy glaze** and gently toss **salmon** to coat.

4



Finish & serve

- Flake salmon into bite-sized chunks.
- Build tacos by filling with some creamy slaw and tamarind salmon.
- Spoon over any remaining glaze from the pan.
- Sprinkle with **sesame seeds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



**CUSTOM
OPTIONS**



DOUBLE SALMON

Follow method above, cooking in batches if necessary.



ADD CHEDDAR CHEESE

Sprinkle over before serving.

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

