



Tex-Mex Salmon & Charred Corn Slaw

with Garlic Oil & Smokey Aioli

POPULAR PICKS

AIR FRYER FRIENDLY

Grab your meal kit with this number

54



Sweetcorn



Cucumber



Garlic



Salmon



Tex-Mex Spice Blend



Slaw Mix



Mixed Salad Leaves



Smokey Aioli



Coriander



Salmon



Chicken Breast

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

Calorie Smart

Protein Rich

Eat Me Early

Give juicy salmon a Mexican twist with our Tex-Mex spice blend and you have a flavourful protein for a fun and fresh meal. The charred corn and cucumber slaw is a wonderful addition to keep the carbs low but the crunch up!

Before you start

All ingredients are portioned according to plan size.

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.

You will need

Large frying pan · Air fryer lined with foil

Ingredients

	2P	3P	4P	5P	6P
olive oil*					
sweetcorn (tin(s))	1	1	1	2	2
cucumber	½	1	1	1½	1½
garlic (clove(s))	2	3	4	5	6
salmon (grams)	280g	420g	560g	700g	840g
Tex-Mex spice blend (sachet(s))	1	1	2	2	3
slaw mix (packet(s))	1S	1L	1L	1S + 1L	1S + 1L
mixed salad leaves (packet(s))	1	1	1	2	2
smokey aioli (packet(s))	1	2	2	3	3
white wine vinegar*					
coriander (packet(s))	1	1	1	2	2

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2310kJ (552Cal)	606kJ (145Cal)
Protein (g)	31.6g	8.3g
Fat, total (g)	39.1g	10.3g
- saturated (g)	5.8g	1.5g
Carbohydrate (g)	16.8g	4.4g
- sugars (g)	10.8g	2.8g
Sodium (mg)	657mg	172mg
Dietary Fibre (g)	8.6g	2.3g

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.

1



Get prepped

- Drain **sweetcorn**.
- Roughly chop **cucumber** (see ingredients).
- Finely chop **garlic**.
- Heat a large frying pan over high heat. Cook **corn** until lightly browned, **3-4 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are 'popping' out.

3



Toss the slaw

- Add **slaw mix**, **cucumber**, **mixed salad leaves**, half the **smokey aioli** and a drizzle of **olive oil** and **white wine vinegar** to the bowl with **corn**. Season to taste with **salt** and **pepper** and toss to combine.

2



Cook the salmon

- Set air fryer to **200°C**. 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**.
- 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 spiced salmon, skin-side down first, until just cooked through, 2-4 minutes each side. In the last minute, add garlic and cook until fragrant, gently turning salmon to coat.

4



Finish & serve

- Divide Tex-Mex salmon and charred corn slaw between plates.
- Spoon over any extra garlic oil over salmon. Dollop over the remaining smokey aioli. Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2026 | CW05

CUSTOM OPTIONS



SALMON:

Follow method above, cooking in batches if necessary.



CHICKEN BREAST:

Cut chicken horizontally into steaks. Follow method above, cooking in a frying pan for 3-6 minutes each side.

SCAN CODE FOR
FULL STEPS AND
NUTRITION INFO

