



Seared Salmon & Mexican Butter Sauce

with Sour Cream & Charred Corn Slaw

NEW

Grab your Meal Kit
with this symbol



Sweetcorn



Baby Spinach
Leaves



Garlic



Tex-Mex Spice
Blend



Salmon



Slaw Mix

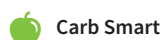


Light Sour
Cream



Chicken
Breast

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



Carb Smart

Eat Me First

Give juicy salmon some heat with our Tex-Mex spice blend and you have a flavourful protein for a carb-conscious bowl. The charred corn slaw is a wonderful addition to keep the carbs low but the crunch up!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	½ large tin	1 large tin
baby spinach leaves	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
salmon	1 small packet	1 large packet
butter*	30g	60g
Tex-Mex spice blend	1 medium sachet	1 large sachet
slaw mix	1 small bag	1 large bag
white wine vinegar*	drizzle	drizzle
light sour cream	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2668kJ (638Cal)	741kJ (177Cal)
Protein (g)	33.8g	9.4g
Fat, total (g)	48.6g	13.5g
- saturated (g)	17.5g	4.9g
Carbohydrate (g)	15.1g	4.2g
- sugars (g)	9g	2.5g
Sodium (mg)	746mg	207mg
Dietary Fibre (g)	6.1g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2071kJ (495Cal)	538kJ (129Cal)
Protein (g)	38.5g	10g
Fat, total (g)	30.8g	8g
- saturated (g)	14.9g	3.9g
Carbohydrate (g)	13.6g	3.5g
- sugars (g)	9g	2.3g
Sodium (mg)	793mg	206mg
Dietary Fibre (g)	6.4g	1.7g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Drain **sweetcorn** (see ingredients). Roughly chop **baby spinach leaves**. 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.

3



Toss the slaw

- While salmon is cooking, to charred **corn**, add **slaw mix**, **spinach**, and a drizzle of **olive oil** and **white wine vinegar**. Season and toss to combine.

2



Cook the salmon

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Pat **salmon** dry with paper towel and season both sides (patting the skin dry helps it crisp up in the pan!).
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.
- In the last **30 seconds**, add the **butter**, **garlic** and **Tex-Mex spice blend**, and cook until fragrant, **1-2 minutes**.

Custom Recipe: If you've swapped to chicken, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). In the last minute add the spice blend as above.

4



Serve up

- Divide seared salmon and charred corn slaw between plates.
- Spoon Mexican butter sauce over salmon.
- Serve with **light sour cream**. Enjoy!

Rate your recipe

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