



Product Spotlight: Fresh Corn

Corn comes in a rainbow of colours – not just yellow! There are varieties with kernels that are blue, purple, red, pink, black, and even multicoloured like gemstones.



Cajun Salmon with Corn Salsa and Roast Potatoes

Salmon fillets pan-fried in a family friendly cajun spice mix, served with roasted potatoes and a fresh lime-dressed charred corn salsa.



30 minutes



4/6 servings



Fish

Less dishes?

For less cleaning up after dinner, add the salmon fillets and corn to the oven tray and roast with the potatoes. Corn cobs can roast for the same time as the potatoes, add seasoned salmon for the last 10–15 minutes.

Per serve : PROTEIN TOTAL FAT CARBOHYDRATES
34g 27g 31g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
CORN COBS	2	3
LIME	1	2
AVOCADO	1	2
TOMATOES	2	3
SALMON FILLETS	2 packets	3 packets
FAMILY CAJUN SPICE MIX	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

frypan, oven tray

NOTES

Cut potatoes to your preference! Wedges, chips, roughly diced, the options are endless!

Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.



1. ROAST THE POTATOES

Set oven to 220°C.

Slice **potatoes** (see notes) and toss on a lined oven tray with **oil, 2-3 tsp oregano, salt and pepper**. Roast for 20-25 minutes until golden and tender.



2. CHAR THE CORN KERNELS

Heat a frypan over medium-high heat with **oil**. Remove **corn kernels** from cob. Cook for 3-4 minutes, or until charred. Reserve pan for step 4.



3. MAKE THE SALSA

Zest lime and juice half (cut the rest into wedges). Add both to a bowl. Dice **avocado** and **tomato**, adding to the bowl along with the **charred corn**. Season with **salt and pepper**, then toss to combine.

6P - use zest and juice from 1 lime (wedge remaining 1 lime for serving).



4. COOK THE SALMON

Coat **salmon** in **oil, spice mix, salt and pepper**. Add to reserved pan over medium-high heat. Cook for 2-4 minutes until cooked to your liking.



5. FINISH AND SERVE

Divide **roasted potatoes** and **corn salsa** among plates. Serve with **salmon fillets** and **lime wedges**.



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