

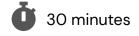


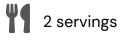


Blackened Salmon

with Tex Mex Slaw

Spiced salmon fillets served on a bed of creamy cabbage coleslaw with smoky corn, tomato and capsicum.







Spice it up!

Add extra spice like ground cumin or coriander to the fish. Or you can use a pre-made Mexican spice mix if you have one! If you have any lime, use the zest and juice in the aioli instead of the lemon.

TOTAL FAT CARBOHYDRATES

10g

26g

32g

FROM YOUR BOX

CORN COB	1
RED CAPSICUM	1
CELERY STICK	1
ТОМАТО	1
COLESLAW	1 bag
SALMON FILLETS	1 packet
LEMON	1
AIOLI	100g

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried thyme

KEY UTENSILS

large frypan

NOTES

For an extra quick dinner, skip cooking the corn. Add kernels straight to coleslaw and cook salmon while you prepare the remaining ingredients.



1. COOK THE CORN

Remove corn from cob (see notes). Add to a frypan over medium-high heat with 1/2 tsp smoked paprika and oil. Cook for 6-8 minutes until slightly charred.



2. PREPARE THE COLESLAW

Slice capsicum and celery. Chop tomato. Add to a salad bowl along with corn and coleslaw. Set aside.



3. COOK THE SALMON

Coat salmon with 1/4 tsp dried thyme, 2 tsp smoked paprika, oil, salt and pepper. Reheat frypan and cook over medium-high heat for 3-4 minutes each side or until cooked through.



4. TOSS THE COLESLAW

Combine lemon juice with aioli. Toss through coleslaw. Season with salt and pepper.



5. FINISH AND SERVE

Divide coleslaw and salmon among plates.



