



### Product Spotlight: Salmon

Salmon is an excellent source of high quality protein, vitamins and minerals. It contains omega-3 fatty acids, required for healthy brain function, heart health, joints and general well-being!



## Blackened Salmon with Tex Mex Slaw

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



30 minutes



2 servings



Fish

### 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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	10g	32g

## FROM YOUR BOX

CORN COB	1
RED CAPSICUM	1
CELERY STICK	1
TOMATO	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.



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