



Product Spotlight: Jalapeño

In the Americas, the use of chilli, including jalapeños, dates back thousands of years, including the practice of smoking some varieties to preserve them.



Salmon with Grilled Corn and Jalapeno Avocado Dip

Salmon fillets coated with a mild cajun spice mix, served on a flavourful jalapeño, coriander and lime avocado dip with charred corn, capsicum and fresh toppings.

 30 minutes

 2 servings

 Fish

Switch it up!

Instead of charring the corn and capsicum, you can roast them! Add to a lined oven tray and roast for 20 minutes. Add salmon fillets for final 8-10 minutes.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	24g	24g

FROM YOUR BOX

AVOCADO	1
CORIANDER	1 packet
JALAPENO	1
GARLIC CLOVE	1
LIME	1
CORN COB	1
RED CAPSICUM	1
TOMATO	1
SHALLOT	1
SALMON FILLETS	1 packet
FAMILY CAJUN SPICE MIX	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar of choice, sugar of choice

KEY UTENSILS

large frypan, stick mixer or blender

NOTES

If you want to skip the stick mixer, finely chop all the ingredients, add to a bowl and use a fork to mash.

We used white vinegar to pickle, you can use white wine, apple cider or malt vinegar. White sugar works best for pickles, raw sugar or brown sugar will also work well.

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



1. MAKE THE AVOCADO DIP

Roughly chop **avocado**, **coriander roots and stems**, and **1/2 jalapeño**. Crush **garlic**. **Zest and juice 1/2 lime** (wedge remaining). Blend, using a stick mixer, with **1 tbsp water** until smooth. Season to taste.



2. CHAR THE CORN

Remove **corn kernels** from **cob** and slice **capsicum**. Add to a frypan with oil and cook over medium-high heat for 4-6 minutes, or until charred. Remove from pan and reserve pan for step 4.



3. PREPARE THE INGREDIENTS

Dice **tomato**.

In a non-metallic bowl (see notes) whisk together **3 tbsp vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice **shallot** and add to bowl. Set aside and drain before serving.



4. COOK THE SALMON

Coat **salmon** with **oil**, **salt** and **2 tsp spice mix**. Reheat frypan over medium-high heat. Add **salmon** and cook for 2-4 minutes until cooked to your liking.



5. FINISH AND SERVE

Slice remaining **jalapeño**.

Spread **avocado dip** evenly on the base of plates. Add **salmon**, **charred vegetables** and diced **tomato**. Garnish with **coriander leaves**, **jalapeño** and **lime wedges**.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

