



Product Spotlight: Jalapeno

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
	33g	34g	45g

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 **lime** to yield 1 tsp and juice 1/2 (wedge remaining). Use a stick mixer (see notes) to blend with **1 tbsp water** to smooth consistency. Season to taste with **salt and pepper**.



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.



2. CHAR THE CORN

Remove **corn** kernels from cob and slice the **capsicum**. Heat a frypan over medium-high heat with **oil**. Add corn and capsicum. Cook 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.



5. FINISH AND SERVE

Slice remaining jalapeno.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

