



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



4 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 |
|------------|---------|-----------|---------------|
| | 24g | 10g | 25g |

FROM YOUR BOX

| | |
|----------------|-----------|
| CORN COBS | 2 |
| GREEN CAPSICUM | 1 |
| CELERY STICKS | 2 |
| TOMATO | 1 |
| COLESLAW | 1 bag |
| SALMON FILLETS | 2 packets |
| 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.



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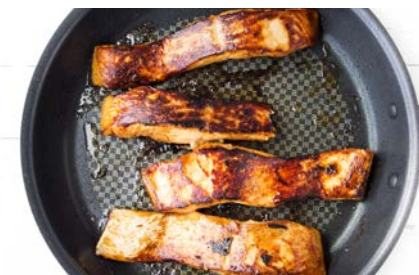
1. COOK THE CORN

Remove corn from cobs (see notes). Add to a frypan over medium-high heat with **1 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 **1/2 tsp dried thyme**, **3 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 PLATE

Divide coleslaw and salmon among plates.

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**

