



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!



1 Blackened Salmon with Tex Mex Slaw

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

 30 minutes

 4 servings

 Fish

22 February 2021

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 you can use the zest and juice in the aioli instead of the lemon.

Per serve: **PROTEIN** 24g **TOTAL FAT** 10g **CARBOHYDRATES** 25g

FROM YOUR BOX

CORN COBS	2
GREEN CAPSICUM	1
CELERY STICKS	2
TOMATO	1
COLESLAW	1 bag (400g)
SALMON FILLETS	2 packets
LEMON	1/2 *
AIOLI	1 tub

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika, dried thyme, red wine vinegar

KEY UTENSILS

large frypan

NOTES

Rinse and pat dry the salmon fillets before cooking to remove any stray scales.

No fish option - salmon fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE CORN

Remove corn from cobs. Add to a frypan over medium-high heat with **1 tsp smoked paprika** and **oil**. Cook for 6-8 minutes until slightly charred. Remove to a large salad bowl.



2. PREPARE THE COLESLAW

Slice capsicum and celery. Chop tomato. Add to the salad bowl with corn along with 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 and **1 tbsp vinegar**. Toss through coleslaw with cooked corn. 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**

