

# Seared Salmon & Garlic Butter Sauce

with Smokey Charred Corn Slaw

Grab your Meal Kit with this symbol



Sweetcorn



Lemon



Salmon



Garlic Paste



Slaw Mix



Baby Spinach Leaves





Smokey Aioli



Salmon

Prep in: **15-25 mins**  
Ready in: **15-25 mins**

 Carb Smart

 Eat Me Early

Don't be shy, get in close and personal with blushing pink salmon. It's put on its fineries tonight with a buttery good garlic sauce to catch your eye. The smokey aioli in the slaw will be sure to win you over, so sit down and enjoy this special encounter with flavour, set up just for you.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin	1 tin
lemon	½	1
salmon	1 packet	2 packets
garlic paste	1 medium packet	1 large packet
butter*	25g	50g
slaw mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
smokey aioli	1 medium packet	1 large packet
salmon**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2525kJ (603Cal)	678kJ (162Cal)
Protein (g)	31.4g	8.4g
Fat, total (g)	49.7g	13.3g
- saturated (g)	11.6g	3.1g
Carbohydrate (g)	12.6g	3.4g
- sugars (g)	6.4g	1.7g
Sodium (mg)	688mg	185mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3830kJ (915Cal)	747kJ (179Cal)
Protein (g)	59.4g	11.6g
Fat, total (g)	72.1g	14.1g
- saturated (g)	15.8g	3.1g
Carbohydrate (g)	12.6g	2.5g
- sugars (g)	6.4g	1.2g
Sodium (mg)	752mg	147mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- Drain the **sweetcorn**. Slice **lemon** into wedges.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the kernels are “popping” out.

3



## Toss the slaw

- While the salmon is cooking, add **slaw mix** to the **charred corn**, along with **baby spinach leaves**, **smokey aioli**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season and toss to combine.

2



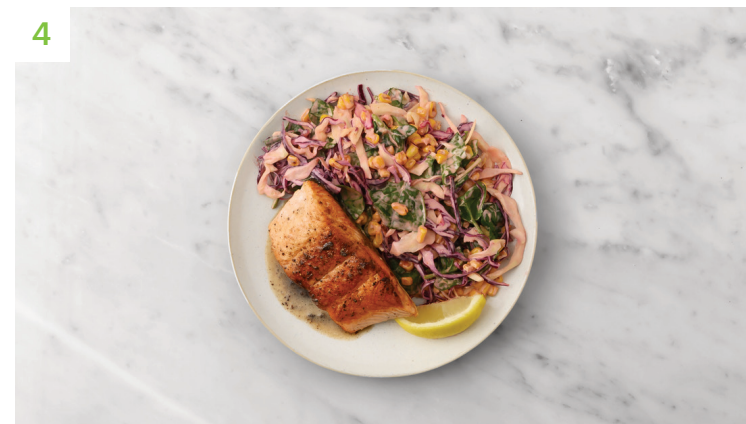
## Cook the salmon

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Pat **salmon** dry with paper towel and season both sides.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.
- Remove pan from heat, then add **garlic paste** and the **butter**, turning **salmon** to coat.

**TIP:** Patting the skin dry helps it crisp up in the pan!

**Custom Recipe:** If you've doubled your salmon, cook in batches for the best results! Return all salmon to the pan before glazing in garlic butter.

4



## Serve up

- Divide seared salmon and smokey charred corn slaw between plates.
- Spoon any remaining garlic butter sauce from the pan over salmon.
- Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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