



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

 2 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** 26g **TOTAL FAT** 10g **CARBOHYDRATES** 32g

## FROM YOUR BOX

CORN COB	1
RED CAPSICUM	1/2 *
CELERY STICK	1
TOMATO	1
COLESLAW	1 bag (200g)
SALMON FILLETS	1 packet
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

## 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 cob. Add to a frypan over medium-high heat with **1/2 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 **1/4 tsp dried thyme**, **2 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 with cooked corn. Season with **salt and pepper**.



### 4. 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**

