



More than Food

hellofresh.com | hello@hellofresh.com



AUG 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

Blistered Corn & Salmon Salad

with Charred Peaches, Feta, and Cumin-Coriander Vinaigrette

Charring corn and peaches stovetop is a great trick for creating a grilled flavor indoors. Of course, if you have a grill, peaches, corn, and salmon are perfect for it! The smoky and earthy combination of cumin and coriander adds depth to this salad's unique vinaigrette.



30 min



level 1



nut free



gluten free



make me first



Salmon Fillets



Corn



Yellow Peach



Cilantro



Scallions



Arugula



Feta



Cumin



Coriander



White Wine Vinegar

Ingredients

	2 People	4 People
Salmon Fillets	2	4
Corn	2 ears	4 ears
Yellow Peach	1	2
Cilantro	1 bunch	2 bunches
Scallions	2	4
Arugula	2 oz	4 oz
Feta	1 oz	2 oz
Coriander	¼ t	½ t
Cumin	½ t	1 t
White Wine Vinegar	2 T	4 T
Olive Oil*	2½ T	5 T

*Not Included

Allergens

- 1) Fish
- 2) Dairy

Tools

Large Pan, Large Bowl, Whisk

Nutrition per person Calories: 634 cal | Carbs: 28 g | Fat: 39 g | Protein: 45 g | Fiber: 5 g | Sodium: 290 mg

Ruler

0 in ¼ in ½ in ¾ in 1 in

2



1 Prep the ingredients: Halve and pit the **peach**, then cut into ½-inch slices. Pick the **cilantro leaves** from the stems and discard the stems. Thinly slice the **scallions**.

3



2 Blister the corn: Heat **1 teaspoon olive oil** in a large pan over high heat. Add the **corn** and cook, rotating every 1-2 minutes, until charred. Season with **salt** and **pepper** and set aside.

3 Char the peaches: in the same pan, heat another **1 teaspoon olive oil** over high heat. Add the **peach slices** and cook 1-2 minutes per side, until charred. Season with **salt** and **pepper** and set aside.

4



4 Cook the salmon: in the same pan, heat another **1 teaspoon olive oil** over medium heat. Season the **salmon** on all sides with **salt** and **pepper**. Add to the pan and cook 3-4 minutes per side, until golden brown and opaque in the center. Set the **salmon** aside, then add the **scallions** to the same pan and cook, tossing, 1-2 minutes, until soft. Set aside.

5 Make the vinaigrette: in a large bowl, whisk together **1 Tablespoon white wine vinegar**, **1½ Tablespoons olive oil**, **¼ teaspoon coriander**, **½ teaspoon cumin**, and a pinch of **salt** and **pepper**.

6 Using a fork, flake the **salmon** into large bite-size pieces. Cut the **corn kernels** off the cob.

7 Toss the **salmon**, **arugula**, **feta**, **scallions**, **peaches**, and **corn** into the **vinaigrette**. Garnish with the **cilantro leaves** and enjoy!

6

