



BLACKENED SALMON TACOS

with Corn Salsa and Lime Guacamole

MAKE
FIRST

PRONTO



HELLO SALMON

In a hurry? Salmon is the perfect protein to cook when you're in a time crunch

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 863



Salmon Fillets, skinless



Flour Tortillas, 6"



Corn Kernels



Napa Cabbage



Avocado



Lime



Garlic



Roma Tomato



Southwest Spice Blend

BUST OUT

- Garlic Press
- Zester
- Paper Towel
- 2 Medium Bowls
- Measuring Spoons
- Salt and Pepper
- Medium Non-Stick Pan
- Olive or Canola oil
- Small Bowl

INGREDIENTS

2-person | 4-person

- Salmon Fillets, skinless **0** 227 g | 454 g
- Flour Tortillas, 6" **1,4,9** 6 | 12
- Corn Kernels 56 g | 113 g
- Napa Cabbage 170 g | 340 g
- Avocado 1 | 2
- Lime 1 | 2
- Garlic 10 g | 10 g
- Roma Tomato 80 g | 160 g
- Southwest Spice Blend 1 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 70°C/158°F.



START STRONG

If you'd like warm tortillas, wrap them in paper towels and microwave until they are warm and flexible, about 30 sec. 'Blackening' is the Cajun technique of searing in a hot pan! It's all about getting that perfect crust from aromatic spices!



1 PREP

Wash and dry all produce.* Mince or grate **1 clove garlic** (dbl for 4 ppl). Finely chop **cabbage**. Zest and juice the **lime(s)**. Cut the **tomato(es)** into ¼ inch cubes. Pat the **salmon** dry with paper towels. In a medium bowl, toss the **salmon** with the **Southwest spice blend**. Season with **salt** and **pepper**. Set aside.



2 MAKE SALSA

In another medium bowl, combine the **tomatoes, corn, cabbage, lime zest, 1 tbsp lime juice** (dbl for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**.



3 COOK FISH

Heat a medium non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **salmon**. Pan-fry until 'blackened' or dark golden-brown and cooked through, 2 min per side. (**TIP:** Cook to a min. internal temp of 70°C/158°F.**) Using a wooden spoon, break up the **salmon** into bite-sized pieces.



4 MAKE GUACAMOLE

Meanwhile, peel and cut the **avocado(es)** into ½-inch cubes. In a small bowl, add the **avocado, garlic** and **remaining lime juice**. Using a fork, mash together until creamy. Season with **salt** and **pepper**.



5 FINISH AND SERVE

Divide the **tortillas** between the plates. Top the tortillas with **salsa, salmon** and dollop with the **guacamole**.

TACO NIGHT

These flavourful seafood tacos will make you wish it's taco night every night of the week.