



Chipotle Salmon Bowls

with Charred Corn-Tomato Salsa

Quick 25 Minutes



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Salmon Fillets,
skin-on



Double Salmon Fillets,
skin-on



Basmati Rice



Yellow Onion



Roma Tomato



Corn Kernels



Lime



Cilantro



Chipotle Sauce



Garlic Salt

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your salmon, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO CHIPOTLE SAUCE

An effortless way to add sweet smoky heat to any dish!

Start here

- Before starting, add 1 ¼ cups (2 ½ cups) water and ½ tsp (1 tsp) garlic salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Medium bowl, measuring spoons, zester, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Basmati Rice	¾ cup	1 ½ cups
Yellow Onion	113 g	226 g
Roma Tomato	95 g	190 g
Corn Kernels	56 g	113 g
Lime	1	2
Cilantro	7 g	7 g
Chipotle Sauce 🍷	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1



Cook rice

- Once **water** is boiling, add **rice**, then reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, peel, then cut **onion** into ¼-inch pieces.
- Roughly chop **cilantro**.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **lime**.

3



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **half the corn** (use all for 4 ppl). Cook, stirring occasionally, until **corn** starts to char, 2 min.
- Add **onions**. Cook, stirring occasionally, until tender, 3-4 min. Season with **salt** and **pepper**.
- Remove from heat. Transfer **veggies** to a medium bowl to cool slightly.
- Carefully wipe the pan clean.

4



Prep and cook salmon

- Pat **salmon** dry with paper towels, then season with **pepper** and ½ **tsp** (1 tsp) **garlic salt**.
- Reheat the same pan over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **salmon**, skin-side down. Cook until golden-brown on all sides and **salmon** is cooked through, 5-7 min.**

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **salmon**. Work in batches if necessary, using ½ **tbsp** oil per batch.

5



Make salsa

- Meanwhile, add **tomatoes**, **half the cilantro**, **half the lime zest**, ½ **tsp** (1 tsp) **sugar** and ½ **tbsp** (1 tbsp) **lime juice** to the bowl with **veggies** (from step 3). Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining lime zest** and **1 tbsp** (2 tbsp) **butter**, until **butter** melts, 1 min.
- Divide **rice** between bowls. Top with **salsa** and **salmon**.
- Drizzle **chipotle sauce** over **salmon**.
- Sprinkle with **remaining cilantro**.

Dinner Solved!