



# Chipotle Salmon Bowls

## with Charred Corn-Tomato Salsa

25 Minutes

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

\*2 Double



Salmon Fillets, skin-on  
500 g | 1000 g

Swap



Shrimp  
285 g | 570 g



Salmon Fillets, skin-on  
250 g | 500 g



Basmati Rice  
¾ cup | 1 ½ cups



Yellow Onion  
1 | 2



Tomato  
1 | 2



Corn Kernels  
113 g | 113 g



Lime  
1 | 2



Cilantro  
7 g | 7 g



Chipotle Sauce  
2 tbsp | 4 tbsp



Garlic Salt  
1 tsp | 2 tsp



**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.

**Pantry items** | Pepper, salt, oil, unsalted butter, sugar

**Cooking utensils** | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, strainer, zester

1



### Cook rice

- Before starting, add 1 cup (2 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.

- Using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, 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

×2 Double | **Salmon Fillets**

↻ Swap | **Shrimp**

- 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, flipping once, until golden brown and cooked through, 5-7 min.\*\*

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 medium bowl with **veggies**.
- Season with **salt** and **pepper**, then stir to combine.

6



### Finish and serve

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

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 4 | Prep and cook salmon

×2 Double | **Salmon Fillets**

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.

### 4 | Prep and cook shrimp

↻ Swap | **Shrimp**

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan (from step 3) over medium-high. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* Remove from heat.

\*\* Cook salmon to a minimum internal temperature of 70°C/158°F and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.