



# Chipotle Salmon Bowls

## with Charred Corn-Tomato Salsa

25 Minutes

Customized Protein

+ Add

Swap

or

x2 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)

x2 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, 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.
  - Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- To the **boiling water**, add **rice**, then reduce heat to low. Cover and cook for 12-15 min, until **rice** is tender and liquid is absorbed.
- 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

- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **half the corn** (use all for 4 servings). Cook for 2 min, stirring occasionally, until **corn** starts to char.
- Add **onions**. Cook for 3-4 min, stirring occasionally, until tender. 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**.
- To the same pan, add ½ **tbsp** (1 **tbsp**) **oil** and **salmon**, skin-side down.
- Reheat the pan over medium-high and cook **salmon** for 5-6 min, until skin is crispy. Flip and cook for 1-2 min, until **salmon** is cooked through.\*\*

5



### Make salsa

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

6



### Finish and serve

🔄 Swap | **Shrimp**

- Fluff **rice** with a fork, then add **remaining lime zest** and **1 tbsp** (2 **tbsp**) **butter**, stirring for 1 min, until melted.
- 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-serving 4-serving Ingredient

### For 6 servings

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**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of salmon**.

### 4 | Prep and cook shrimp

🔄 Swap | **Shrimp**

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

### 6 | Finish and serve

🔄 Swap | **Shrimp**

Top **rice** with **salsa** and **shrimp**.

\*\* Cook salmon and shrimp to a minimum internal temperature of 158°F and 165°F, respectively.