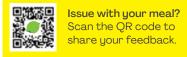


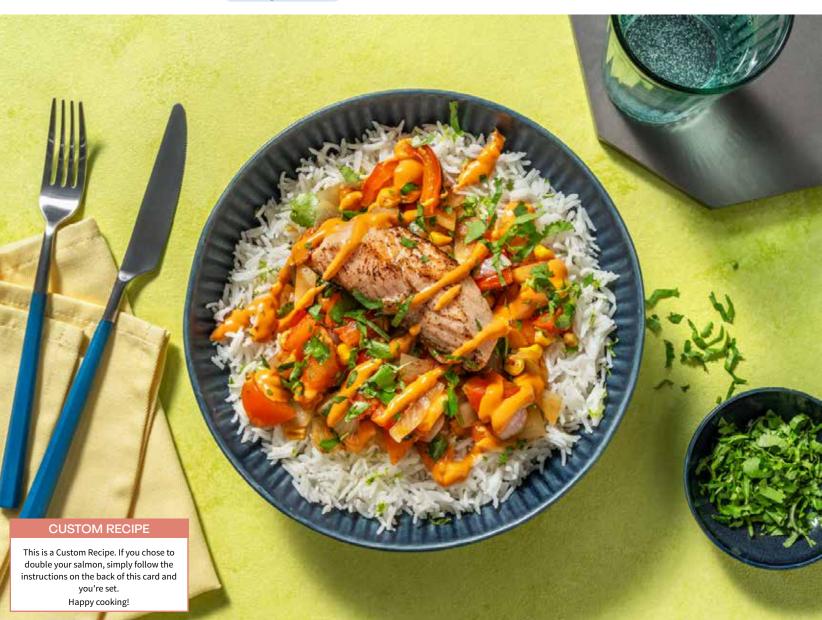
Chipotle Salmon Bowls

with Charred Corn-Tomato Salsa

Quick

25 Minutes











Salmon Fillets







Basmati Rice

Yellow Onion





Roma Tomato





Corn Kernels

Cilantro







Chipotle Sauce

Garlic Salt

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 1 tbsp (2 tbsp) oil steps 2 person 4 person Ingredient

Bust out

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

Ingredients

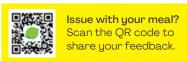
	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets,skin-on	500 g	1000 g
Basmati Rice	¾ cup	1 ½ cups
Yellow Onion	113 g	226 g
Roma Tomato	95 g	190 g
Corn Kernels	56 g	113 g
Lime	1	2
Cilantro	7 g	7 g
Chipotle Sauce 🤳	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp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





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.



Prep

- Meanwhile, peel, then cut **onion** into 1/4-inch pieces.
- Roughly chop cilantro.
- Cut tomato into 1/4-inch pieces.
- Zest, then juice **lime**.



- 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.



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.



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.



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!