

Blackened Baja Salmon & Avocado Tacos

Omega-3 rich salmon is coated with our Baja seasoning and then paired with creamy avocado and tangy pineapple. Fast, fantastic and full of flavor, don't forget the lemonade and cerveza to complete the meal.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Mixing Bowl
- Shallow Pie Pan or Plate
- Medium Skillet
- Small Skillet (optional)

FROM YOUR PANTRY

- 1 Tbsp Flour
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Cabbage & Carrots
- Coleslaw Dressing
- Cajun Seasoning
- Salmon
- Avocado
- Tortillas

Make The Meal Your Own

Salmon has a reputation for being tricky to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes off the heat before you cut into it and check for doneness.

Eating with someone who doesn't love spice? Serve their fish without the Cajun seasoning.

Our salmon is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Good To Know

Health snapshot per serving – 517 Calories, 24g Fat, 37g Protein, 40g Carbs, 171mg Sodium, 14 Smart Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Corn Tortillas, Carrots, Avocado, Green Cabbage, Red Cabbage, Mayonnaise, Brown Sugar, Cajun Seasoning, White Wine Vinegar, Pineapple, Lemon Juice, Herbs and Spices

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1. Make the Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator to chill until ready to eat.

2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Coat the **Salmon** on all sides with the seasoning and then let sit in the flour for 2 minutes. Give the salmon a second coat in the seasoning.

Heat 2 Tbsp of oil in a medium skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat and let sit for 5 minutes.

3. Slice the Avocado

While the salmon is resting, slice the **Avocado** into even pieces (we usually get about 5 slices per half).

4. Heat the Tortillas and Serve

Heat your **Tortillas** in a small dry skillet on the stove or directly over a gas burner until soft, about 30 seconds per side.

Use a fork to flake the salmon into pieces. Serve in the warm tortillas topped with the coleslaw and avocado. Enjoy!

The fish absorbs the seasoning as it sits, which adds tons of flavor.

The seasoning gets very dark as it cooks, so don't worry if it starts to blacken, it's supposed to be that way.

Use tongs or a slotted spoon to serve the coleslaw, leaving extra dressing behind. That way, your tacos won't get soggy.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois