

Orleans Blackened Salmon Tacos

Omega-3 rich salmon is coated with our Cajun seasonings then paired with creamy pineapple coleslaw, corn and cheese, and wrapped in warm tortilla. Fast, fantastic and full of flavor.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Large Skillet

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Cabbage & Carrots
Coleslaw Dressing
Cajun Seasoning
Salmon
Tortillas
Cheese & Corn

Good To Know

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

Health snapshot per serving – 730 Calories, 24g Fat, 47g Protein, 86g Carbs, 17 Freestyle Points.

Lightened-up health snapshot per serving – 620 Calories, 21g Fat, 67g Carbs, 13 Freestyle points by using 2 tortillas per serving and two-thirds of the coleslaw dressing.

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

INGREDIENTS: Salmon, Corn Tortillas, Carrots, Green Cabbage, Red Cabbage, Corn, Mayonnaise, Brown Sugar, Cajun Seasoning, Cotija, White Wine Vinegar, Pineapple, Lemon Juice, Cilantro, Garlic, Black Pepper

meez *meals*

1. Make the Coleslaw

Combine the **Cabbage & Carrots** and **Coleslaw Dressing** in a large mixing bowl and toss. Place in the refrigerator until ready to eat.

2. Season and Cook the Salmon

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

Heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until the seasoning is blackened and slightly crispy, about 4 minutes. Flip, and the other side until it is also blackened, about 4 additional minutes. Remove from the heat and let rest for 5 minutes. Wipe out the skillet.

3. Heat the Tortillas and Serve

While the salmon is resting, heat the **Tortillas** in the now-empty skillet over medium-high heat, about 30 seconds per side.

Use a fork to flake the salmon into bite-sized pieces. Fill the warm tortillas with the flaked salmon and top with the coleslaw and **Cheese & Corn**. 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.

Instructions for two servings.

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