



## Simple Poached Salmon

**Active Time:** 15 minutes | **Total Time:** 15 minutes | **Serves:** 8

### Nutrition Information Per Serving

167.1 calories, 0.69 g carbohydrate, 0.1 g fiber, 0.59 g NET carbs, 22.31 g protein, 7.11 g fat

#### Ingredients

- 32 ounce(s) wild salmon
- 1/2 cup(s) filtered water
- 1/2 cup(s) white wine
- 1/2 small(s) red onion, thinly sliced
- 1 tsp sea salt
- 3 sprig(s) fresh parsley
- 1/2 tsp(s) dried dill

#### Preparation

1. Sprinkle the salmon fillets with salt.
2. Add wine, water, dill, parsley and red onions to a large sauté pan, and bring to a simmer on medium heat.
3. Place salmon fillets, skin-side down in the pan. Cover with a lid.
4. Cook 5 to 10 minutes, to desired done-ness. Do not overcook.
5. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.