



## Poached Salmon

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

*Serves: 2 people*

*Ready in: 20 minutes*

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## Fresh Seafood



450 grams fresh salmon fillet

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## Ingredients

- Dill weed
- Lemon Juice
- Butter
- Dry white wine (or water)
- Salt
- Pepper (freshly ground)
- 1 onion, thinly sliced

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## Instructions

1. Place salmon fillets in 1? of dry white wine or water in the bottom of a baking pan. Sprinkle with lemon juice and dot with butter. Sprinkle with dill weed, salt and pepper. Cover with the onion. Cover the salmon with a lid or aluminum foil and bake in a pre-heated oven of 375 degrees for 15-20 minutes.