



Elliott Evans Nutrition, LLC
Prevent and Protect
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POACHED SALMON WITH FRESH HERB SALAD

SERVES 4

- 1 ¼ pounds wild Alaskan salmon fillet, skinned and cut into 4 portions
- 1 teaspoon plus a pinch of salt, divided
- 2 cups dry white wine
- 2 cups water
- 10 whole black peppercorns
- ¼ teaspoon crushed red pepper
- 1 bunch fresh mint
- 1 bunch flat-leaf parsley
- 1/3 cup thinly sliced shallot
- 2 tablespoons extra-virgin olive oil
- Juice of 1 lemon, divided

- Season salmon with 1 teaspoon salt. Bring wine, water, peppercorns and crushed red pepper to a simmer in a large saucepan. Reduce the heat so the liquid is steaming, but not bubbling. Place the salmon in the steaming liquid (the fillets will fit tightly) and cook very gently until just cooked through, 6-10 minutes. Remove the salmon from the liquid.
- Toss mint and parsley leaves, shallot, oil and 1 tablespoon lemon juice in a medium bowl. Season with a pinch of salt.
- Drizzle the salmon with the remaining lemon juice and serve with the salad.