

LEMONADE POACHED SALMON

Ingredients

1 lb salmon fillets
1 can frozen lemonade, thawed (341 ml)
Water
1/4 tsp. salt
1/8 tsp. pepper
1 Tbsp. Dijon mustard

Method

- Combine lemonade with 2 cans full of water to form lemonade mixture. (This will be more concentrated than drinking lemonade)
- Pour 2 cups of mixture into a skillet.
- Add salt, pepper & Dijon. Whisk together
- Bring to a simmer over medium heat and add salmon fillets
- Cover & allow to simmer 10-12 minutes or until cooked through

Note: You can add one more can full of water to the remaining lemonade mixture for drinking!