



Quick Poached Salmon with Dill Mustard Sauce



Prep
15 m

Cook
12 m

Ready In
30 m

allrecipes!

Walmart*

Walmart
26 W Merritt Blvd
FISHKILL, NY 12524
Sponsored

Recipe By: Karena

"This is an easy, elegant, wonderful salmon dish with a no-cook sauce. It really doesn't get much easier. I love it best on swelteringly hot summer days. Fresh steamed asparagus goes very well with this, and the sauce tastes good on it as well."

Ingredients

1/2 cup plain yogurt	1 pound salmon
1/4 cup Dijon mustard	1 cup white wine
1 tablespoon honey	1/2 cup water
1/4 cup fresh lemon juice	1/4 cup chopped shallots
3 tablespoons chopped fresh dill	

Directions

- In a small bowl, blend the plain yogurt, Dijon mustard, honey, lemon juice, and dill. Cover, and refrigerate until serving.
- In a medium saucepan over medium heat, place the salmon in the white wine and water. Adjust the amount of water as necessary to just cover the fish. Sprinkle with shallots. Cover the saucepan, and cook 10 to 12 minutes, until salmon is easily flaked with a fork. Drain, and serve with the yogurt sauce.



Steelhead Fillets
\$10.44 - expires in 4 days



Salmon Fillets
\$8.74 - expires in 4 days

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