



Poached Salmon with persiMon® Lime Salsa

Step up your salmon dish with persiMon® salsa this holiday season. Poaching the salmon allows an infusion of flavour and renders a moist piece of fish. This salsa adds kick and is a wonderful way to enhance any protein dish be it fish, chicken or pork.

Makes 4 servings

Ingredients

1 cup (250 ml) vegetable or fish stock
1 cup (250 ml) water
½ (125 ml) cup white wine
¼ cup (60 ml) soy sauce
4 slices ginger
4 (24 oz/750 g total) salmon filets
2 cups (500 ml) cooked brown rice

persiMon® Lime Salsa

1 persiMon®, finely diced
2 tbsp (30 ml) lime juice
2 tbsp (30 ml) finely chopped parsley
1 tsp (5 ml) lime zest
1 tsp (5 ml) olive oil
½ tsp (2 ml) chili sauce
½ tsp (2 ml) grated ginger

Preparation

In a large deep skillet, combine stock, water, wine, soy sauce and ginger and bring to a simmer. Add salmon and cover, reducing heat to low. Poach salmon for 10 minutes turning once until cooked through. Serve with salsa and brown rice.

For salsa, combine persiMon®, lime juice, parsley, zest, oil, chili sauce and ginger.

PER SERVING: 428 calories, 14 g fat, 14 g saturated fat, 107 mg cholesterol, 197 mg sodium, 31 g carbohydrates, 3 g fibre, 6 g sugars, 41 g protein. % RDI: 4% calcium, 15% iron, 6% vitamin A, 15% vitamin C.

