

Salmon with Herbs

Ingredients

1 ½ lbs. salmon fillets or steaks
1 Tbsp. butter
2 each shallots, chopped or 2 tsp.
chopped onion
1 Tbsp. lemon juice
3 Tbsp. dry white wine
¾ tsp. marjoram or dill

Directions

Rinse salmon, pat dry. Cut fillets into equal serving-size pieces. Place in a single layer in shallow microwave-proof dish. Melt butter in small microwave-proof dish on high for 20 seconds. Stir in shallots, cover with plastic wrap, microwave on high 1-1 ½ minutes. Stir in lemon juice, wine, and marjoram/or dill. Spoon over salmon.

Cover with plastic wrap, microwave on high for 5 minutes or until flesh is slightly translucent in thickest part. Rotate dish ¼ turn halfway through cooking.

Allow to stand 2-3 minutes to complete cooking process.

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