



SALADMASTER®



DIJON & HERB SALMON



PREP TIME

10 MINUTES



COOK TIME

15 MINUTES



SERVINGS

6

UTENSILS: 12" (30.5 CM) ELECTRIC SKILLET WITH COVER, SALADMASTER FOOD PROCESSOR & TURNER

INGREDIENTS:

- 2 LBS (0.91 KG) SALMON, CUT INTO FILETS
- 1/4 CUP (59.15 G) FRESH PARSLEY, CHOPPED
- 1/3 CUP (78.86 G) DIJON MUSTARD
- 1 TBSP (29.57 ML) LEMON JUICE
- 3 GARLIC CLOVES, MINCED, USE CONE #1
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 PREHEAT SKILLET OVER MEDIUM HEAT
- 2 COMBINE MUSTARD, PARSLEY, LEMON JUICE, SALT & PEPPER, AND GARLIC IN A BOWL
- 3 TOP SALMON WITH MUSTARD MIX AND ADD TO SKILLET, SKIN SIDE DOWN
- 4 PLACE COVER OVER SKILLET AND LEAVE IT CRACKED. COOK SALMON FOR 10 MINUTES, OR UNTIL FULLY COOKED THROUGH. USE SALADMASTER TURNER TO REMOVE FROM SKILLET
- 5 SERVE WITH A SIDE OF VEGETABLES & ENJOY!

NUTRITION PER SERVING

CALORIES 303 • TOTAL FAT 19g • CARBS 1g • SUGARS 0g
• PROTEIN 32g • SODIUM 123mg • FIBER 0g

