

# POACHED SALMON WITH SAVORY CHERRY SALAD

*Prep:* 10 Mins | *Total:* 20 mins

*Serves:* 2

## INGREDIENTS

### *For the Salmon:*

- 1 pound Sockeye salmon
- 4 cups water
- 1 teaspoon fine sea salt

- ½ teaspoon apple cider vinegar
- ¼ teaspoon fine sea salt
- ¼ teaspoon black pepper

### *For the Salad:*

- 1 ½ cup cherries pitted and halved
- ¼ cup green onions, diced
- ¼ cup fresh parsley, minced
- 2 tablespoons extra-virgin olive oil

### *For Plating:*

- ¼ cup Greek yogurt
- 1 tablespoon extra-virgin olive oil
- Black pepper

## DIRECTIONS

### **POACH SALMON**

Heat the water and salt in a sauce pot over high heat to boiling. Reduce the heat to a simmer and place the salmon in whole. Simmer for 3 minutes uncovered or until desired doneness.

Strain the salmon and discard the poaching liquid. Set the salmon aside to cool slightly.

### **MAKE CHERRY SALAD**

Add the cherries, green onions, parsley, olive oil, vinegar, salt and pepper to a mixing bowl and stir until well-combined.

### **PLATE**

To plate spread the yogurt onto a platter. Then break up the salmon into chunks (the skin will slide off and discard). Then top with the cherry salad and drizzle with more olive oil and a twist of black pepper.

