

Poached Salmon with Soya Milk

Serves 1

Ingredients

- ✓ 100g salmon fillet
- ✓ ½ cup white onion (chopped)
- ✓ 2 bunches of dill
- ✓ 2 bay leaves
- ✓ 3 cloves of garlic (sliced)
- ✓ A pinch of ground black pepper
- ✓ A pinch of sea salt
- ✓ 1 tbsp olive oil
- ✓ 4 cooked carrots (carved)
- ✓ 1 cup NutriSoy Omega No Sugar Added Fresh Soya Milk

Instructions

- ① Heat up a pan over medium heat
- ② Pour in olive oil
- ③ Saute onion and garlic till lightly coloured
- ④ Pour in NutriSoy Omega No Sugar Added Fresh Soya Milk
- ⑤ Add dill, bay leaves, sea salt and black pepper
- ⑥ Place salmon fillet in pan and poach till it is light pink
- ⑦ Once done, place fillet on the plate and drizzle the sauce around it
- ⑧ Top fresh dill onto the salmon fillet



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