



Stuart's Miraculous Cucumber Dill Salmon

Purchase 4 of Stuart's 6 oz farmed or wild salmon filets

Cucumber Dill Sauce:

Blend the following in a blender or food processor:

- 1 English cucumber – roughly chopped
- ½ cup chopped fresh dill or 4 tbsp dried
- ½ a large red onion – roughly chopped
- ½ cup of mayonnaise
- ½ cup of yogurt (full fat makes for a thicker sauce)
- Juice of half a lemon
- A pinch of salt and pepper (to taste)

Amounts can be modified based on personal preference – I often add more lemon!

Instructions:

Preheat oven to 350°F

Place filets skin side down in a glass baking dish that is lightly oiled to prevent sticking. Pour three quarters of cucumber dill sauce over filets. (Hint: this can be done a head of time so fish can marinate in the sauce). Bake at 350°F for ~25-30 minutes. Oven times may vary. Pour remaining one quarter of dill sauce over salmon while plating. Enjoy.

Possible serving suggestions:

Asparagus and rice

Green salad and couscous

Tabouleh salad

Broccoli and baked potato

Along side a fettuccini alfredo pasta

Serves ~ 4

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