

## MEAL #7

ELECTRIC PRESSURE COOKER

# Salmon with Lemon and Dill

YIELD: 4 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 5 MINUTES + PRESSURE BUILD/RELEASE TIME

### PREPARE TO FREEZE

#### Ingredients:

- 4 salmon fillets

#### Instructions:

1. Place the four salmon fillets in a freezer bag.
2. Remove as much air as possible and seal shut.
3. Add label to bag and freeze for up to 6 months.

### COOK FROM FROZEN

#### Additional Ingredients:

- 3–4 medium lemons, separated
- $\frac{3}{4}$  cup water
- 1 bunch dill weed, fresh
- $1\frac{1}{2}$  Tablespoons butter, unsalted
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper

#### Instructions:

1. Place  $\frac{1}{4}$  cup fresh lemon juice, plus  $\frac{3}{4}$  cup water in the bottom of the electric pressure cooker. Add the metal steamer insert.
2. Place the frozen salmon fillets on top of the steamer insert.
3. Sprinkle fresh dill on top of the salmon, then place one slice of fresh lemon on top of each one.
4. Lock the lid, then set to Manual/High Pressure for 5 minutes.
5. When the timer beeps, press “Cancel” and carefully flip the Quick Release valve to let the pressure out.
6. Serve immediately with butter, extra dill and lemon, and salt and pepper.

### COOK FROM FRESH

#### Ingredients:

All ingredients from [Prepare to Freeze](#) and [Cook from Frozen](#) sections above.

#### Instructions:

Same as in [Cook from Frozen](#) instructions but cook for 3 minutes in step 4.

### SERVING SUGGESTIONS

**Sides:** Brown rice and green beans