



Orange Dijon Salmon with Caramelized Onions

Aa fast, easy-to-make dinner, that's sure to impress! Remember, to pick up all the extra ingredients you need right here, at the store.

Ingredients

- 4 6-8 oz Salmon Fillets skinned
- 1 ½ Cups Orange Juice
- 1 tsp. Dijon Mustard
- 1 Onion
- 1 can Mandarin oranges (or fresh clementine's)
- Canola oil (or similar) to cook the fish in

Directions

Whisk together the orange juice and dijon and reserve for later.

Cut the onions into thin slices and sauté in a pan until caramelized. Sprinkle some Kosher Salt over the salmon fillets. Heat a sauté pan to medium high heat. If your pan is not hot enough the fish will stick to the pan. Add Canola Oil to cover the bottom of the pan. When the oil is hot carefully add the salmon to the pan and shake the pan slightly so the fish will not stick. Cook until browned, 1-2 minutes and then flip to the other side. Cook 1 minute then add Orange juice and Dijon mixture to the pan. Let the fish poach in the liquid until the internal temperature registers 120 on a meat thermometer. Remove the fish from the pan and let it rest while the sauce continues to cook.

Add the sautéed onions and mandarin oranges and reduce the sauce until it is thickened and bubbly.

Eat and enjoy!

Got questions about this dish? Email meg@cleverdalestore.com