

INSTANT POT SALMON FOIL PACKETS



INGREDIENTS

ITEM

Foil
Wild Salmon
Parsley, Chopped
Green Onion, Chopped
Diced Tomatoes, Basil, Garlic, Oregano
Sliced Lemon, Optional
Water

QUANTITY

4 Pieces
44 oz.
1/3 Cup
1/3 Cup
1/2 Cup
1
1 Cup



PREPARATION

- Place a salmon fillet on each piece of foil.
- Sprinkle chopped parsley and green onion over the salmon fillets.
- Spread a generous amount of diced tomatoes with basil, garlic, and oregano on top of each salmon fillet.
- If desired, place a slice of lemon on each fillet for extra flavor.
- Carefully fold and seal each foil packet, ensuring it is tightly sealed to trap the steam.
- Pour water into the inner pot of your Instant Pot, then place the trivet inside.
- Arrange the foil packets on top of the trivet, making sure they are not stacked on top of each other.
- Close the Instant Pot lid and set the valve to the sealing position.
- Set the timer to 3-4 minutes for medium-rare to medium doneness, depending on the thickness of your salmon fillets, on the "Pressure Cook" or "Manual" mode.
- Once the cooking time is complete, allow for a natural pressure release for about 5 minutes, then carefully perform a quick release to release any remaining pressure.
- Open the Instant Pot lid and carefully remove the foil packets using tongs.
- Carefully open each foil packet, being cautious of the hot steam, and transfer the salmon fillets to serving plates. Enjoy!