

MEDITERRANEAN SALMON



SERVING SIZE

3



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Salmon	1 lb.	Garlic Cloves, Minced	2
Tomatoes with Juices, Diced	16 oz.	Italian Seasoning (or another dried herb)	1 tbsp.
Shallot, Diced	¼ cup	Salt & Pepper	To taste
Bell Pepper, Diced	1	Oil (for instant pot only)	½ tbsp.



PREPARATION

SLOW COOKER

- Pat the salmon dry with a paper towel and season with salt, pepper, and Italian seasoning.
- In a pan over medium heat, sauté the shallots, bell pepper, and garlic for 2-3 minutes until softened.
- Pour in the diced tomatoes with their juices. Stir and let the mixture simmer for 5 minutes.
- Place the salmon in the pan, cover, and let it cook for 8-10 minutes, or until the salmon is flaky and cooked through.
- Serve warm with the tomato mixture spooned over the salmon.

INSTANT POT

- Turn on the Instant Pot and select Saute Mode.
- Add oil, shallot, and bell pepper, then cook for 3-5 minutes until softened.
- Add garlic and cook for 1 more minute, then press Cancel to turn off Saute Mode.
- Stir in diced tomatoes, Italian seasoning, salt, and pepper.
- Season the salmon with salt & pepper and place it on top of the tomato mixture.
- Secure the lid and set the Instant Pot to Manual on High for 3 minutes.
- After cooking, turn the valve to 'Venting' for a quick pressure release.
- Carefully remove the salmon and serve with the tomato mixture.