

## Poached Salmon Vinaigrette with a Julienne of Rainbow Peppers and Pesto Rice



### Ingredients

- 3 - 5 oz Centre Cut Salmon Filet
- 1 Red Pepper
- 1 Yellow Pepper
- 1 Green Pepper
- Salt and Pepper
- Extra Virgin Olive Oil
- Red Wine Vinegar
- Balsamic Vinegar
- 1 pkg. Cooked Instant Rice
- 3 tsp Pesto

### Instructions

- Julienne red, yellow and green peppers
- Toss, season and lay on the bottom of a microwaveable dish
- Lay portioned salmon on top of the peppers
- Drizzle with olive oil, red wine vinegar and a dash of balsamic vinegar
- Season
- Wrap with Saran wrap and microwave for 5 minutes until done
- Cook instant rice per instructions and toss with the pesto

