SHALLOW-POACHED STEELHEAD WITH LEEKS AND LEMON

From Clean Eating

Ingredients

• 6 to 8 slices of lemon
• 2 leeks, halved, white and light green parts only
• 2 cups chicken broth or water
• 1, 8-oz boneless, skin-on steelhead fillet
• Pinch each sea salt and fresh ground black pepper, or to taste

Instructions

1. In a large skillet, layer lemon and leeks along bottom and add stock.

2. Place skillet on medium heat and bring to a gentle simmer.

3. Season trout with salt and pepper and gently slide fillet over top of lemons and leeks.

4. Cover and simmer for 8 minutes or until trout is opaque and flakes easily when tested with a fork.

5. To serve, spoon lemon-leek mixture onto a serving plate and top with trout and pan juices.