

Creamy Tuscan Salmon

Servings: 2 people

Prep Time: 5 minutes

Cook Time: 12 minutes

Total Time: 17 minutes

Ingredients

2 salmon fillets (skin-on or skinless)

1 Tbsp butter

1 clove garlic, minced

½ cup heavy cream (or half-and-half)

¼ cup sun-dried tomatoes, sliced

1 cup fresh spinach

Salt & pepper (to taste)

Optional: a squeeze of lemon, red pepper flakes, parmesan

Directions

1. Prepare the salmon

Pat salmon dry and season lightly with salt & pepper.

Heat a skillet over medium-high heat and add 1 Tbsp butter.

2. Sear the salmon

Place salmon in the skillet, skin-side up if using skin-on.

Cook 3 minutes per side until golden.

Remove salmon from the pan and set aside.

3. Make the creamy Tuscan sauce

Reduce heat to medium.

Add minced garlic and sauté 30 seconds until fragrant.

Pour in cream and add sun-dried tomatoes.

Simmer 2–3 minutes until slightly thickened.

4. Add spinach

Add the spinach directly into the sauce.

Stir until wilted (about 1 minute).

5. Return salmon to the pan

Nestle salmon back into the sauce.

Spoon sauce over top and warm 1–2 minutes.

6. Serve

Plate salmon and pour creamy sauce over top.

Optional: Add lemon juice or parmesan.

Notes & Tips

- Crispier salmon: Sear 1 extra minute per side.

- Thicker sauce: Simmer uncovered 1–2 minutes longer before adding spinach.

- More flavor: Add 1–2 tsp oil from sun-dried tomato jar.

- Lighter version: Swap cream for half-and-half or coconut milk.

Perfect Pairings

- Garlic mashed potatoes
- Buttered pasta
- Steamed rice
- Roasted vegetables
- Crusty bread