

Zucchini Bread Recipes

# Creamy Tuscan Salmon Recipe

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| **15 min**<br>Prep time | **20 min**<br>Cook time | **35 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Italian**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 4 salmon fillets (6-oz each)
- [ ] 1 cup sun-dried tomatoes, chopped
- [ ] 2 cups fresh spinach leaves
- [ ] 2 cloves garlic, minced
- [ ] 1/2 cup heavy cream
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 2 tbsp butter
- [ ] 1 tbsp olive oil
- [ ] Zest of 1 lemon
- [ ] Salt and freshly ground black pepper to taste

## Instructions

1. Pat the salmon dry, season both sides with salt and pepper. Heat olive oil in a large skillet over medium-high heat.



2. Add salmon, skin-side down, and sear for 3-4 minutes until the skin is crisp. Flip and cook another 2-3 minutes, then remove to a plate.



3. In the same pan, lower the heat to medium and add butter. Sauté minced garlic until fragrant, then stir in the chopped sun-dried tomatoes.



4. Pour in the heavy cream, whisk gently, and let it simmer for 2 minutes. Stir in Parmesan cheese until melted and the sauce thickens.



5 Add the spinach and lemon zest, cooking just until the leaves wilt. Return the salmon to the pan, spoon sauce over it, and let everything rest for a minute before serving.



## Nutrition per serving

| 420 kcal | 34 g | 8 g | 28 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- Avoid moving the salmon too much while searing to preserve the crust.
- If the sauce gets too thick, thin with a splash of chicken broth or water.
- For extra brightness, finish with a drizzle of fresh lemon juice.