

Plate Dream

Baked Stuffed Salmon With Spinach And Feta

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6-oz each), skin removed
- [ ] 2 cups fresh spinach, roughly chopped
- [ ] 1/2 cup crumbled feta cheese
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] 1 tsp lemon zest

For the Flavor Boost

- [ ] 1 tbsp fresh dill, chopped
- [ ] 1 tbsp pine nuts, toasted (optional)
- [ ] Juice of 1/2 lemon
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a skillet, heat olive oil over medium heat, add garlic and sauté briefly, then add spinach until just wilted; remove from heat, stir in feta, dill, lemon zest, and pine nuts if using.
3. Make a shallow pocket in each salmon fillet, spoon the spinach-feta mixture inside, and gently press the edges together; season the outside with salt and pepper.
4. Place the stuffed fillets on the prepared sheet and bake for 12-15 minutes, until the salmon flakes easily with a fork.
5. Remove from oven, drizzle with lemon juice, and let rest for two minutes before serving.

Nutrition per serving

420 kcal	45 g	5 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer flavor, brush the fillets with a little melted butter before baking.
- A quick sheet pan lemon garlic butter salmon technique can be used to add a citrusy glaze.
- Avoid over-stuffing; the filler should be about a tablespoon per fillet.