

Plate Dream

Creamy Salmon Spinach Pasta

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz fettuccine pasta
- [ ] 2 salmon fillets (about 8 oz each), cut into bite-size pieces
- [ ] 2 cups fresh spinach leaves
- [ ] 1 cup heavy cream
- [ ] 2 tbsp butter
- [ ] 2 cloves garlic, minced
- [ ] 1/2 cup grated Parmesan cheese
- [ ] Zest of 1 lemon
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil; cook the fettuccine until al dente, then reserve 1/2 cup of pasta water and drain.
2. Meanwhile, season the salmon pieces with salt and pepper. In a large skillet over medium-high heat, melt butter and add the salmon; cook 2-3 minutes per side until just opaque. Remove and set aside.
3. In the same skillet, reduce heat to medium, add minced garlic and sauté until fragrant, about 30 seconds. Pour in the heavy cream, stir, and let it simmer gently for 2 minutes.
4. Stir in the grated Parmesan, lemon zest, and a splash of reserved pasta water until the sauce reaches a silky consistency.
5. Add the cooked pasta, spinach, and salmon back to the skillet; toss until the spinach wilts and everything is coated in sauce. Adjust seasoning with more salt, pepper, or a drizzle of olive oil if needed.
6. Serve immediately, garnished with extra Parmesan and a twist of lemon. Enjoy the comforting warmth of this creamy salmon spinach pasta.

Nutrition per serving

560 kcal Calories	**28 g** Protein	**45 g** Carbs	**32 g** Fat

Tips & notes

- If the sauce thickens too much, thin it with a bit more pasta water.
- For a smoky twist, add a pinch of smoked paprika with the garlic.
- Leftovers reheat gently in a skillet with a splash of cream to restore silkiness.