Plate Dream

# Creamy Tuscan Salmon – Easy Dinner Recipe

Quick, creamy Tuscan salmon with garlic, sun-dried tomatoes, and fresh spinach.

| 15 min | 20 min | 35 min | 4 | Easy | Italian |
|---|---|---|---|---|---|
| Prep time | Cook time | Total time | Servings | Difficulty | Cuisine |

## Ingredients

### Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each)
- [ ] 2 tbsp butter
- [ ] 3 cloves garlic, minced
- [ ] 1/3 cup sun-dried tomatoes, chopped
- [ ] 2 cups fresh spinach leaves
- [ ] 1 cup heavy cream
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste

### Optional Garnish

- [ ] Fresh parsley, chopped
- [ ] Grated Parmesan cheese

## Instructions

1. Pat the salmon dry, season with salt and pepper, and set aside.
2. In a large skillet over medium heat, melt butter. Add minced garlic and sauté until fragrant, about 30 seconds.
3. Place the salmon fillets skin-side down, sear for 3-4 minutes until golden, then flip and cook another 2 minutes.
4. Add sun-dried tomatoes and stir, then pour in the heavy cream. Reduce heat slightly and let the sauce thicken, stirring occasionally.
5. Fold in spinach and lemon juice, cooking just until the spinach wilts. Garnish with parsley and a sprinkle of Parmesan before serving.

### Nutrition per serving

| 420 kcal | 34 g | 6 g | 28 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the sauce thickens too quickly, add a splash of broth or water.
- For extra flavor, finish with a drizzle of extra-virgin olive oil.
- A pinch of red pepper flakes can add a subtle heat if desired.