



Tuscan Salmon in Cream Sauce



Ingredients:

- 3 salmon fillets
- 2 tsps olive oil
- 2 TBLs butter
- 5 cloves garlic, finely diced
- 1 small yellow onion, diced
- 1/3 cup vegetable broth
- 5 ounces jarred sun-dried tomato in oil, drained of oil
- 1 ¾ cups heavy cream
- Salt and pepper, to taste
- 3 cups baby spinach leaves
- ½ cup grated Parmesan
- 1 TBL fresh parsley, chopped

Method:

1. To make the Tuscan salmon recipe: Heat the oil in a large skillet over medium-high heat. Season the salmon filets on both sides with salt and pepper, and sear in the hot pan, flesh-side down first, for 5 minutes on each side, or until cooked to your liking. Once salmon filets are cooked, remove from the pan and set aside.
2. In the same pan, melt the butter in the remaining cooking juices leftover. Add in the garlic and fry until fragrant (about one minute). Add onion and stir fry until translucent. Add the sun-dried tomatoes and fry for 1-2 minutes so they release their flavors. Finally, pour in the vegetable broth, and allow the sauce to reduce down slightly.
3. Reduce heat to low, add the heavy cream, and bring to a gentle simmer while stirring occasionally. Season the cream sauce with salt and pepper to your taste.
4. Add in the baby spinach and allow to wilt in the sauce, and add in the parmesan cheese. Allow the cream sauce to simmer for a further minute until cheese melts through.
5. Add the grilled salmon filets back into the pan; sprinkle with the parsley, and spoon the sauce over each filet. Serve rice or pasta. Enjoy

Notes:

- The key to obtaining a perfectly creamy sauce is to gently simmer the sauce to avoid separating and curdling
- For more flavor, you can add a dash of white wine instead of using only vegetable broth.



- Use either skin-on or skinless salmon fillets. We like skin-on fillets because it guarantees the second round of searing will not stick to the bottom of the pan.
- To allow the salmon flesh to crisp up evenly while cooking, bring the salmon fillets at room temperature and pat dry with paper towels. This also helps to prevent sticking in the pan.
- Season salmon just before cooking to avoid drawing out the moisture and end up with dry salmon.
- Make sure your pan is nice and hot before adding your fillets in. Sear your salmon fillets flesh-side down first (skin-side up) until nicely golden and crispy for 3-4 minutes each side, depending on the thickness. If the fillets are extra-thick, cook a little longer, reducing the heat to medium or medium-low, so you do not burn the outside while the inside is still undercooked.