



Marry Me Salmon



Ingredients:

- 4 salmon fillets (6 oz each)
- 2 TBLs olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp smoked paprika
- Salt & pepper, to taste

Ingredients for the Sauce:

- 2 TBLs unsalted butter
- 3–4 garlic cloves, minced
- 1 cup heavy cream
- ⅔ cup chicken broth (or vegetable broth)
- ½ cup grated Parmesan cheese
- ½ tsp chili flakes (optional)
- ½ cup sun-dried tomatoes, chopped
- 1 tsp dried basil (or Italian seasoning)
- ½ cup fresh spinach, chopped
- Salt & pepper, to taste

Method:

1. Season salmon with garlic powder, onion powder, smoked paprika, salt, and pepper.
2. In a skillet, heat olive oil over medium-high heat. Sear salmon for 3–4 minutes per side until golden and cooked through. Remove and set aside.
3. In the same skillet, melt butter. Sauté garlic until fragrant, then add heavy cream, broth, Parmesan, and chili flakes. Simmer until thickened slightly.
4. Stir in sun-dried tomatoes, dried basil, and spinach. Cook for 2–3 minutes until spinach wilts.
5. Return salmon to the skillet and spoon sauce over the top. Let simmer for 1–2 minutes. Serve warm with rice, mashed potatoes, or crusty bread.