

Blackened Stuffed Salmon with Spinach and Parmesan - A Flavor-Packed Dinner

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TIME
25 min

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INGREDIENTS

- 4 salmon fillets (about 6 oz each)
- 1 tbsp blackening seasoning
- 1 cup fresh spinach, chopped
- 1/2 cup cream cheese, softened
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Lemon wedges, for serving

DIRECTIONS

1. Step 1: Make the Creamy Filling: In a bowl, combine chopped spinach, softened cream cheese, Parmesan, and minced garlic.
2. Stir until smooth and creamy.
3. Step 2: Stuff the Salmon: Using a sharp knife, cut a deep pocket into the side of each salmon fillet.
4. Stuff with 1-2 tablespoons of the spinach mixture.
5. Step 3: Season the Fish: Rub the outside of each fillet with blackening seasoning, coating it evenly.
6. Step 4: Sear and Cook: Heat olive oil in a skillet over medium heat.
7. Cook each salmon fillet for 4-5 minutes per side until the crust is blackened and the salmon is cooked through.
8. Step 5: Serve: Plate and garnish with lemon wedges. Serve warm for the best flavor and texture.

TIPS FOR SUCCESS

Use a boneless, thick-cut fillet so there's room for stuffing.
Let the cream cheese sit at room temperature for easier mixing.
Don't overfill the fillets-just enough to melt and flavor, not burst open.
Use a fish spatula to flip gently and keep the stuffing intact.

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