

Creamy Tuscan Salmon: Easy Skillet Dinner for Weeknights

sun-dried tomatoes offer a concentrated sweetness and tang



TIME
5 min

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ChefManiac

INGREDIENTS

- 3 salmon fillets (about 6 oz each, skin-on or off)
- 2 tsp olive oil (for searing salmon)
- 2 tbsp butter
- 5 cloves garlic, finely diced
- 1 small yellow onion, diced
- 5 oz (150g) jarred sun-dried tomato in oil, drained of oil
- 1 3/4 cups heavy cream
- Salt and pepper, to taste
- 3 cups baby spinach leaves
- 1/2 cup grated Parmesan
- 1 tbsp fresh parsley, chopped (for garnish)

Swaps and Notes:

Salmon Fillets: Wild-caught salmon is preferred for flavor and texture. Ensure fillets are roughly uniform in thickness for even searing. Cod, halibut, or even chicken breast (sliced thinly, cooked longer) can be used as alternatives, though cooking times will vary.

Olive Oil (for searing): A neutral oil like avocado oil can also be used.

Butter: Unsalted butter is preferred to control saltiness.

Garlic: Freshly minced garlic is crucial for the best aromatic flavor.

Yellow Onion: A small yellow onion or shallots will provide a mild, sweet base.

Sun-Dried Tomatoes: Jarred sun-dried tomatoes packed in oil offer the best flavor. Make sure to drain them well before adding.

Vegetable Broth: Low-sodium vegetable broth is recommended. Chicken broth can also be used.

Heavy Cream: This is essential for a rich, thick, and luxurious sauce. Do not substitute with milk or half-and-half, as the sauce may not thicken properly or could curdle.

Baby Spinach: Fresh baby spinach wilts quickly and beautifully into the sauce.

Parmesan Cheese: Freshly grated Parmesan cheese (Parmigiano-Reggiano) will yield the best flavor and melt.

Fresh Parsley: Adds a beautiful pop of color and freshness for garnish. Dried parsley is not recommended as a substitute for garnish.

DIRECTIONS

1. Let's get this delicious : Creamy Tuscan Salmon cooking in your skillet!
2. Sear the : Salmon: Heat the 2 teaspoons of olive oil in a large skillet (a large stainless steel or nonstick skillet works well) over medium-high heat. Season both sides of the salmon fillets generously with salt and pepper. Once the oil is hot and shimmering, carefully place the salmon fillets in the pan, flesh-side down first (if skinless, choose your preferred side). Sear for 5 minutes per side, or until the salmon is beautifully golden brown on the exterior and cooked to your liking (it should flake easily with a fork). Once salmon fillets are cooked, remove them from the pan and set them aside on a plate.
3. SautØ Aromatics & Tomatoes: In the same pan (no need to clean it; those remaining cooking juices and browned bits are pure flavor!), melt the 2 tablespoons of butter. Add the 5 cloves of finely diced garlic and fry for about 1 minute, stirring constantly, until fragrant. Be very careful not to let the garlic brown, as burnt garlic will taste bitter. Add the diced yellow onion and stir fry until it becomes translucent and softened, about 3-4 minutes. Add the drained sun-dried tomatoes (cut into smaller pieces if large) to the pan and fry for 1-2 minutes, stirring, to release their concentrated flavors.
4. Build the : Cream Sauce: Pour in the 1/3 cup of vegetable broth and scrape up any browned bits from the bottom of the pan to deglaze. Allow the sauce to reduce slightly, simmering for about 1-2 minutes. Reduce the heat to low. Add the 1 3/4 cups of heavy cream to the skillet and bring it to a gentle simmer

while stirring occasionally. Season the cream sauce with salt and pepper to your taste.

5. **Wilt : Spinach & Melt Cheese:** Add the 3 cups of baby spinach leaves to the simmering sauce. Stir gently and allow the spinach to wilt down into the sauce. Then, add the 1/2 cup of grated Parmesan cheese. Let the cream sauce simmer for another minute, stirring, until the cheese melts through and the sauce is smooth and beautifully integrated.
6. **Combine & : Serve:** Add the cooked salmon fillets back into the pan, nestling them into the creamy Tuscan sauce. Sprinkle generously with the 1 tablespoon of fresh chopped parsley. Spoon the luscious sauce over each salmon fillet. Serve immediately.
7. **Serve the : Creamy Tuscan Salmon** over steamed vegetables (like asparagus or green beans) or cauliflower rice for keto dieters, or over rice or pasta for non-keto. Enjoy!

SWAPS & NOTES

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Ensure fillets are roughly uniform in thickness for even searing.

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Olive Oil (for searing): A neutral oil like avocado oil can also be used.

TIPS FOR SUCCESS

Don't Overcook Salmon: Salmon cooks quickly.

Sear until golden and then cook until just flaky.

Watch the Garlic: Garlic burns easily and becomes bitter.

Keep the heat moderate and stir constantly.

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Original recipe: <https://chefmaniac.com/creamy-tuscan-salmon-easy-sillet-dinner-for-weeknights/>