

Creamy Garlic Mushroom Salmon: Easy Restaurant-Style Dinner

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TIME
30 min

TEMP
145°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

4 salmon fillets (6 oz each) - skin on or off, depending on preference
2 tablespoons olive oil
1 teaspoon paprika
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{8}$ teaspoon black pepper
2 tablespoons butter (unsalted or salted, adjust seasoning accordingly)
2 garlic cloves, minced
1 cup mushrooms, sliced (cremini or button mushrooms work great)
1 cup fresh spinach, chopped
1 cup heavy cream
 $\frac{1}{2}$ cup chicken broth (or vegetable broth)
... cup grated Parmesan cheese
1 teaspoon Italian seasoning
Salt and pepper to taste

Swaps and Notes:

Salmon Fillets: While the recipe specifies salmon, this creamy sauce would also be fantastic with other firm white fish like cod or halibut, or even chicken breast. Adjust cooking times accordingly.

Mushrooms: Feel free to use your favorite variety of mushrooms, such as shiitake or oyster mushrooms, for a different flavor profile.

Spinach: If you don't have fresh spinach, you can use frozen spinach (thawed and squeezed dry) - just

reduce the amount slightly as it's more condensed. Kale could also be a substitute, but it will need a bit longer to wilt.

Heavy Cream: For a slightly lighter sauce, you could use half-and-half or evaporated milk, though the sauce won't be as rich.

Parmesan Cheese: Freshly grated Parmesan makes a difference, but pre-grated will work too.

Italian Seasoning: If you don't have Italian seasoning, a mix of dried basil, oregano, and thyme will work.

Directions:

Season and Sear Salmon: Pat the salmon fillets dry with paper towels. Season them generously on both sides with paprika, salt, and black pepper. Heat the olive oil in a large skillet (preferably oven-safe if you prefer to finish in the oven, though not strictly necessary for this recipe) over medium-high heat until shimmering. Carefully place the salmon fillets, skin-side down if applicable, in the hot skillet. Sear for 4-5 minutes on each side, or until the salmon is golden brown on the outside and cooked through to your desired doneness (it should flake easily with a fork). Remove the cooked salmon from the skillet and set it aside on a plate.

Saut  Aromatics and Mushrooms: Reduce the heat to medium. In the same skillet (no need to clean it - those browned bits add flavor!), melt the butter. Add the minced garlic and saut  for about 1 minute, stirring constantly, until fragrant. Be careful not to burn the garlic. Add the sliced mushrooms to the skillet and cook for 3-4 minutes, stirring occasionally, until they release their moisture and become tender and slightly browned.

Wilt Spinach: Stir in the chopped fresh spinach into the skillet with the mushrooms and garlic. Cook for just 1-2 minutes, stirring, until the spinach wilts down.

Create the Creamy Sauce: Pour in the heavy cream and chicken broth into the skillet. Add the grated Parmesan cheese and Italian seasoning. Stir everything together well. Bring the sauce to a gentle simmer and let it cook for 3-4 minutes, stirring occasionally, until it thickens slightly. Taste the sauce and season with additional salt and pepper to your liking.

Combine and Heat Through: Gently return the seared salmon fillets to the skillet, nestling them into the creamy mushroom sauce. Spoon some of the delicious sauce over the top of each fillet. Let everything simmer together for just 1-2 minutes to allow the salmon to heat through and absorb some of that amazing sauce.

Serve: Serve the Creamy Garlic Mushroom Salmon hot. It's fantastic on its own, but truly shines when

paired with your favorite side dish.

Tips for Success:

Pat Salmon Dry: This is crucial for getting a good sear and crispy skin (if leaving it on). Moisture on the surface will steam the fish instead of searing it.

Don't Overcook Salmon: Salmon cooks relatively quickly. It's done when it flakes easily with a fork and the internal temperature reaches 145°F (63°C). Overcooked salmon can be dry.

Good Quality Parmesan: Freshly grated Parmesan cheese melts better and has a superior flavor to pre-shredded varieties, which often contain anti-caking agents.

Adjust Sauce Consistency: If your sauce is too thick, add a splash more chicken broth. If it's too thin, let it simmer for a few more minutes, stirring, until it reduces to your desired consistency.

Heat the Sauce Gently: When adding the cream and cheese, keep the heat at a gentle simmer to prevent the sauce from breaking or the cheese from clumping.

Serving Suggestions and Pairings:

DIRECTIONS

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11. **Heat the : Sauce Gently:** When adding the cream and cheese, keep the heat at a gentle simmer to prevent the sauce from breaking or the cheese from clumping.
12. **Serving Suggestions and Pairings:** This Creamy Garlic Mushroom Salmon is incredibly versatile. It's absolutely delicious with a side of creamy mashed potatoes or fluffy rice to soak up all that wonderful sauce. For a lighter meal, consider serving it with steamed asparagus, roasted broccoli, or a simple side salad.
13. **Looking for other comforting and satisfying main dishes? You might enjoy:**
14. **My This : Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor for a taste of the South.**
15. **For another fantastic one-pan meal, try my : This Mexican Chicken and Rice Casserole is My Favorite One-Pan Dinner That's Always a Hit.**
16. **Storage and Leftover Tips:** Leftover Creamy Garlic Mushroom Salmon can be stored in an airtight container in the refrigerator for up to 2-3 days. To reheat, gently warm in a skillet over low heat or in the microwave. Be careful not to overcook the salmon during reheating, as it can dry out quickly. You may need to add a splash of milk or broth to the sauce to revive its creamy consistency.
17. **More Recipes You Will Love:** If you appreciate the convenience and deliciousness of easy, flavorful meals, here are a few more recipes that I highly recommend:
18. **For a light yet satisfying meal, my A : Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!) is a fantastic choice.**

19. And for another hearty, comforting option, check out This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort.
20. If you're into quick and easy morning meals, my This One-Pan Breakfast Bake Will Make You Skip is a perfect start to any day.
21. Final Thoughts: This Creamy Garlic Mushroom Salmon truly delivers on its promise of a restaurant-style delight. It's a testament to how simple, fresh ingredients, expertly combined, can create an incredibly satisfying and elegant meal right in your own kitchen. Whether you're cooking for a special occasion or just want to elevate a weeknight dinner, this recipe is a guaranteed winner. I hope you enjoy every creamy, flaky bite!
22. I'd love to hear how this recipe turned out for you! What are your favorite ways to enjoy salmon? Share your feedback and ideas in the comments below, and be sure to follow Chef Maniac for more delicious and easy-to-make recipes!

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-garlic-mushroom-salmon-easy-restaurant-style-dinner/>