

Creamy Spinach & Roasted Red Pepper Salmon: Bold Flavor, Easy Dinner

Creamy Spinach and Roasted Red Pepper Salmon: Bold Flavor Meets Creamy Comfort



TIME
5 min

TEMP
145°F

PRINT
Recipe Card

SAVE
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INGREDIENTS

4 salmon fillets (about 1 lb total, skin-on preferred for crispiness)
 1 tablespoon olive oil
 1 tablespoon butter
 ½ cup roasted red peppers, diced (from a jar, drained)
 3 cups baby spinach
 2 garlic cloves, finely diced
 ¾ cup half & half or heavy cream (heavy cream for richer sauce)
 1/3 cup grated Parmesan cheese
 1 tablespoon fresh parsley, chopped
 ... teaspoon red pepper flakes (optional, for a kick)
 ½ teaspoon salt (for salmon and sauce)
 ... teaspoon black pepper (for salmon and sauce)

DIRECTIONS

1. Let's get this vibrant and creamy Spinach and Roasted Red Pepper Salmon cooking!
2. **Sear the : Salmon:** Pat the salmon fillets thoroughly dry with paper towels. Season both sides generously with salt and black pepper. In a large, non-stick skillet, heat the olive oil over medium-high heat until shimmering. Carefully place the salmon fillets, skin-side down (if using skin-on), into the hot skillet. Sear for 5 minutes, allowing the skin to crisp up. Flip the salmon and continue to cook for another 3-7 minutes, depending on the thickness of your fillets and your preferred doneness (internal temperature should be 145°F/63°C). Once cooked, remove the salmon from the skillet and set aside on a plate.
3. **Start the : Sauce:** Reduce the heat to medium. In the same pan (no need to clean it; the salmon drippings add flavor!), melt the 1 tablespoon butter. Add the finely diced garlic cloves and cook for about 1 minute until fragrant. Stir in the diced roasted red peppers and sauté for 2 minutes, allowing them to warm through and release their flavors.
4. **Add : Spinach:** Add the baby spinach to the skillet. Cook, stirring constantly, until the spinach wilts down completely, which should only take 1-2 minutes.
5. **Make : It Creamy:** Reduce the heat to low. Pour in the half & half or heavy cream. Stir in the grated Parmesan cheese, chopped fresh parsley, and red pepper flakes (if using). Season with a pinch of salt and black pepper to taste. Stir until the sauce is smooth, creamy, and heated through.

6. Finish with : Salmon: Gently return the cooked salmon fillets to the pan, nestling them into the creamy sauce. Spoon the sauce generously over the top of the salmon to coat. Let it heat through for about 1-2 minutes.
7. Serve: Serve the Creamy Spinach and Roasted Red Pepper Salmon immediately. You can garnish with additional fresh parsley if desired. Enjoy this bold, flavorful, and comforting dish!

SWAPS & NOTES

Salmon Fillets: Skin-on salmon is recommended for that extra crispy skin, but skinless fillets work fine too.

You can use other firm fish like cod or halibut, but adjust cooking times as needed.

Roasted Red Peppers: Using jarred roasted red peppers is a fantastic shortcut.

You can dice them yourself or buy them pre-diced.

TIPS FOR SUCCESS

Dry Salmon for Crispy Skin: Patting the salmon skin very dry is essential for achieving that desirable crispy skin.

Don't Overcook Salmon: Salmon cooks quickly.

Aim for an internal temperature of 145°F (63°C) for flaky, moist fish.

Good Quality Roasted Red Peppers: The quality of your jarred roasted red peppers will significantly impact the flavor of the sauce.

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

Original recipe: <https://chefmaniac.com/creamy-spinach-roasted-red-pepper-salmon-bold-flavor-easy-dinner/>