

Tuscan Salmon with Creamy Garlic Alfredo Penne: An Italian Feast!

Tuscan Salmon with Creamy Garlic Alfredo Penne: A Taste of Italy for Your Dinner Table!



OVEN
375°F

TIME
12-15 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

2 salmon fillets (about 6-8 oz each), fresh or thawed
2 tbsp olive oil
1 tsp dried Italian seasoning
Salt and black pepper to taste
8 oz penne pasta
1 tbsp unsalted butter
3 cloves garlic, minced
1 cup heavy cream
¾ cup grated Parmesan cheese
¾ cup sun-dried tomatoes, chopped (oil-packed, drained)
Fresh basil for garnish (about ... cup, chopped or torn)

DIRECTIONS

- 1. Bake the Salmon:** Preheat your oven to 375°F (190°C). Line a small baking sheet with parchment paper for easy cleanup. Season the 2 salmon fillets by brushing them lightly with olive oil, then sprinkling them generously with 1 teaspoon Italian seasoning, salt, and black pepper to taste. Place the seasoned salmon fillets on the prepared baking sheet. Bake for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork (internal temperature should reach 145°F / 63°C). Set aside.
- 2. Cook the Penne Pasta:** While the salmon bakes, bring a large pot of generously salted water to a rolling boil. Add the 8 oz penne pasta and cook according to package instructions until al dente (cooked but still firm to the bite). Drain the pasta well and set aside.
- 3. Prepare the Creamy Garlic Alfredo Sauce:** In a large pan or skillet, melt 1 tablespoon of unsalted butter over medium heat. Add the 3 cloves minced garlic and sauté for 1-2 minutes until fragrant, being careful not to let the garlic brown. Stir in the 1 cup heavy cream and bring the sauce to a gentle simmer. Add the ¾ cup grated Parmesan cheese, stirring constantly until the cheese melts and the sauce thickens slightly to a creamy consistency.
- 4. Combine Sauce with Pasta & Tomatoes:** Mix in the ¾ cup chopped sun-dried tomatoes and the cooked penne pasta into the creamy Alfredo sauce. Toss well, using tongs or a large spoon, to ensure the pasta is thoroughly coated in the sauce. Taste and adjust salt and pepper if needed.
- 5. Serve:** Divide the creamy Alfredo penne among serving plates. Top each portion with a perfectly

baked salmon fillet. Garnish generously with fresh basil leaves (chopped or torn) for a pop of color and fresh aroma. Serve immediately and enjoy your delicious Tuscan Salmon with Creamy Garlic Alfredo Penne!

SWAPS & NOTES

Salmon Fillets: Use fresh or thawed frozen salmon fillets.
Other flaky white fish like cod or halibut can be substituted, but adjust baking times accordingly.

Italian Seasoning: This blend usually contains dried basil, oregano, rosemary, thyme, and marjoram.

Feel free to use individual herbs if preferred.

TIPS FOR SUCCESS

Don't Overcook Salmon: Salmon cooks quickly.

Remove it from the oven as soon as it's flaky to keep it moist and tender.

Al Dente Pasta: Cook penne to al dente as it will absorb more sauce and finish cooking slightly after being mixed in.

Warm Sauce, Hot Pasta: Combining hot, freshly cooked pasta with the warm sauce ensures everything blends smoothly and stays hot.

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

Original recipe: <https://chefmaniac.com/tuscan-salmon-with-creamy-garlic-alfredo-penne-an-italian-feast/>