

Creamy Tuscan Salmon Pasta That Tastes Like a Fancy Night In

Let me walk you through exactly how I make it, and more importantly, why it works so well.



TIME
40 min

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INGREDIENTS

- 4 salmon fillets (skin-on or skinless, your call)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups broccoli florets
- 8 ounces fettuccine (or any pasta you love)
- 2 tablespoons butter
- 2 cloves garlic, minced
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1/4 cup sun-dried tomatoes, chopped
- 1 teaspoon Italian seasoning
- 1/2 cup fresh spinach, roughly chopped

DIRECTIONS

- 1.** Boil the Pasta and Save That Liquid Gold: I start by cooking the fettuccine in well-salted water according to the package instructions. Just before draining, I scoop out about 1/2 cup of the pasta water. This comes in handy later for loosening up the sauce without watering down the flavor.
- 2.** Season and Sear the Salmon: While the pasta cooks, I pat the salmon fillets dry and season both sides with garlic powder, smoked paprika, salt, and pepper.
- 3.** I heat up a tablespoon of olive oil in a large skillet over medium heat. Once hot, I add the salmon and sear it for 3-4 minutes per side. It should get a golden crust and be just cooked through. Then I remove it from the pan and set it aside on a plate.
- 4.** Build That Creamy Tuscan Sauce: In the same skillet (don't wipe it out-you want all those salmon bits), I melt two tablespoons of butter and sauté the minced garlic for about a minute. Once it's fragrant, I toss in the broccoli florets and let them cook for 3-4 minutes until they're just tender but still vibrant.
- 5.** Next comes the cream, : Parmesan, chopped sun-dried tomatoes, and Italian seasoning. I stir everything together and let it simmer gently for 2-3 minutes, just enough for the cheese to melt and the flavors to marry.
- 6.** Add Spinach and Pasta: I stir in the chopped spinach, which wilts down almost instantly, then toss in the cooked pasta. This is where I use that reserved pasta water-just a splash or two-to get the sauce to that silky, clingy consistency that coats every strand perfectly.

7. **Bring Back the Salmon:** Last step: I nestle the cooked salmon fillets back into the skillet, spoon some sauce over the top, and let everything warm through for another minute or two. Then it's ready to serve.

SWAPS & NOTES

Here's why I keep coming back to it: **Balanced richness:** The cream sauce is luxurious, but the fresh spinach and broccoli keep it from feeling too heavy.

Big flavor, low effort: Garlic, smoked paprika, sun-dried tomatoes, and Parmesan create layers of flavor with pantry staples.

One-skillet convenience: Aside from boiling the pasta, the rest of this dish comes together in one pan-which means fewer dishes to clean.

Easy to customize: I can swap in shrimp, chicken, or even make it vegetarian with mushrooms.

