

Creamy Tuscan Salmon

Servings: 2 people **Prep Time:** 5 minutes **Cook Time:** 12 minutes **Total Time:** 17 minutes

This creamy Tuscan salmon is a quick, one-pan dinner inspired by classic Italian flavors — rich cream sauce, sun-dried tomatoes, garlic, and fresh spinach paired with perfectly seared salmon. It feels like a restaurant meal but comes together in under 20 minutes, making it ideal for busy weeknights or an easy date-night dinner at home.

The sauce is bold, savory, and creamy without being overly heavy, and it pairs beautifully with pasta, rice, or crusty bread.

Why You'll Love This Recipe

- Fast & impressive – ready in just 17 minutes
- One-pan meal with minimal cleanup
- Creamy, flavorful sauce with Tuscan-inspired ingredients
- Easy to customize (lighter, spicier, dairy-free options)
- Perfect for salmon lovers who want more than just a plain fillet

Ingredients

- 2 salmon fillets (skin-on or skinless)
- 1 Tbsp butter
- 1 clove garlic, minced
- ½ cup heavy cream (or half-and-half)
- ¼ cup sun-dried tomatoes, sliced
- 1 cup fresh spinach
- Salt & pepper (to taste)
- Optional: lemon, red pepper flakes, parmesan

Ingredient Notes & Substitutions

Salmon: Fresh or thawed frozen both work well. Use similar-sized fillets for even cooking.

Sun-dried tomatoes: Oil-packed are best for flavor; dry-packed may need extra seasoning.

Cream: Heavy cream gives richness; half-and-half or coconut milk works for lighter versions.

Spinach: Fresh wilts best; thawed frozen spinach can substitute.

Instructions

1 Step 1: Prepare the salmon

Pat fillets dry and season lightly with salt and pepper.

2 Step 2: Sear the salmon

Heat butter in a skillet over medium-high. Sear salmon 3 minutes per side until golden. Remove and set aside.

3 Step 3: Make the creamy Tuscan sauce

Reduce heat to medium. Add garlic and sauté 30 seconds. Pour in cream and add sun-dried tomatoes. Simmer 2–3 minutes until slightly thickened.

4 **Step 4: Add the spinach**

Stir in spinach until wilted, about 1 minute.

5 **Step 5: Return the salmon to the pan**

Nestle fillets into sauce and spoon sauce over top. Warm 1–2 minutes.

6 **Step 6: Serve**

Plate immediately. Finish with lemon, red pepper flakes, or parmesan.

Tips for Perfect Tuscan Salmon

- Don't overcrowd the pan — allow salmon to sear properly
- If sauce thickens too much, loosen with a splash of cream or broth
- Taste the sauce before serving; adjust salt, pepper, or lemon as needed

Variations & Customizations

- Extra creamy: Add 1–2 Tbsp grated Parmesan
- Spicy: Add red pepper flakes or Cajun seasoning
- Dairy-free: Use coconut milk + olive oil instead of butter
- Protein swap: Use shrimp or chicken cutlets

Storage & Reheating

Refrigerator: Store in an airtight container up to 2 days.

Reheat: Warm gently on low heat or microwave in short bursts to avoid overcooking salmon.

Perfect Pairings

- Garlic mashed potatoes
- Buttered pasta or orzo
- Steamed rice
- Roasted vegetables
- Crusty bread for soaking up the sauce