

Ingredients

Cooking
is
Bliss!



Creamy Spinach Salmon

- 4 salmon filets
- 1.5 teaspoon salt
- 1 teaspoon black pepper
- 1.5 teaspoon paprika
- 2 teaspoon old bay seasoning
- 2 tablespoons olive oil
- 4 tablespoons of butter
- ½ small onion
- 2 cloves of garlic
- 2 cups of heavy cream
- 1 cup of grated parmesan
- 1 cup of spinach
- A handful of grape tomatoes



1. Season salmon on both sides with salt, black pepper paprika, & Old Bay. Drizzle with olive oil.
2. Heat olive oil in a skillet on medium heat, add salmon, & allow to cook for four to five minutes. Flip & continue to cook for four to five minutes. Remove from heat & allow to rest.
3. Add onions & garlic to the same pan with one tablespoon of butter and allow garlic to become fragrant- around 3 minutes. Add heavy cream & grated parmesan cheese and stir until parmesan melts.
4. Add spinach & tomatoes. Allow it to simmer until spinach wilts- about four minutes. Return salmon to pan & squeeze lemon over salmon.
5. Serve!

A delicious meal. That can be whipped up, in less than 30 minutes. This creamy garlic sauce is perfect for this pan-seared salmon & pairs amazingly with whipped mashed potatoes!