

Creamy Spinach Stuffed Salmon

Ingredients

Salmon

4 skinless salmon fillets
salt and pepper to season
2 tablespoons lemon juice
2 tablespoons olive oil divided
1 tablespoon unsalted butter

Filling

4 oz (120 g) cream cheese at room temp
4 oz (120 g) frozen spinach thawed
1/4 cup finely grated parmesan cheese
2 teaspoons minced garlic
Salt and pepper, to taste

Optional Garlic Butter

1 tablespoon unsalted butter
1 tablespoon minced garlic
1 tablespoon lemon juice

Notes

For remaining cream cheese mixture!

If you have too much cream cheese, you can create a creamy sauce with it for serving:

Mix remaining cream cheese mixture with 1/4 cup fish or chicken stock and 1/4 cup heavy cream (or thickened cream) in saucepan.

Bring to a gentle boil, stirring frequently, until combined and warmed through.

Method

Place each salmon fillet on a flat surface. Season both sides with salt, pepper, 1 tablespoon olive oil and lemon juice. Cut a slit or pocket about 3/4 quarter of the way through, being careful not to cut all the way.

Squeeze excess liquid out of the spinach discard liquid. In a medium-sized bowl, mix together the spinach, cream cheese, parmesan cheese and garlic. Season with salt and pepper.

Fill salmon 'pockets' with 1-2 tablespoons of the spinach dip, spreading evenly with the back of the spoon.

Preheat oven to 350°F (175°C). Place stuffed salmon fillets in a shallow lightly greased baking pan. Bake for 10-15 minutes or until salmon is cooked through, opaque in centre and flakes easily with fork.

Pour pan juices out into a skillet or frying pan. Add butter, garlic and lemon juice; saute until garlic is fragrant (about 30 seconds). Remove and serve with the salmon.

