

## Creamy Garlic Tuscan Salmon With Spinach and Sun-Dried Tomatoes

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by Christina Cherrier – Updated Jul 27, 2021 3 servings Prep: 10 Min Cook: 20 Min

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Meal planner

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Creamy Garlic Tuscan Salmon With Spinach and Sun-Dried Tomatoes – Smothered in a luscious garlic butter spinach and sun-dried tomato cream sauce, you won't believe how easy, fast and simple it is to cook salmon this way! These deliciously seasoned, **Tuscan salmon filets** are juicy and tender on the inside with perfectly crisp edges. You'll never want a regular **salmon recipe** again after trying this one! This **creamy salmon recipe** is low-carb and Keto friendly – Enjoy!

### Ingredients list for the Creamy Garlic Tuscan Salmon Recipe

- 3 **salmon fillets**
- 2 teaspoons **olive oil**
- 2 tablespoons **butter**
- 5 cloves **garlic**, finely diced
- 1 small **yellow onion**, diced
- 1/3 cup (80ml) **vegetable broth**
- 5 ounces (150g) jarred **sun-dried tomato in oil**, drained of oil
- 1 3/4 cups **heavy cream**
- **Salt** and **pepper**, to taste
- 3 cups **baby spinach** leaves
- 1/2 cup grated **Parmesan**
- 1 tablespoon fresh **parsley**, chopped

Note from Susan:

This is really good for salmon but I also do it for scallops and chicken. I double the sauce but not the cream.

### Directions

1. To make the creamy garlic Tuscan salmon recipe: Heat the oil in a large skillet over medium-high heat. Season the salmon filets on both sides with salt and pepper, and sear in the hot pan, flesh-side down first, for 5 minutes on each side, or until cooked to your liking. Once salmon filets are cooked, remove from the pan and set aside.
2. In the same pan, melt the butter in the remaining cooking juices leftover. Add in the garlic and fry until fragrant (about one minute). Add onion and stir fry until translucent. Add the sun-dried tomatoes and fry for 1-2 minutes so they release their flavors. Finally, pour in the vegetable broth, and allow the sauce to reduce down slightly.
3. Reduce heat to low, add the heavy cream, and bring to a gentle simmer while stirring occasionally. Season the cream sauce with salt and pepper to your taste.
4. Add in the baby spinach and allow to wilt in the sauce, and add in the parmesan cheese. Allow cream sauce to simmer for a further minute until cheese melts through.
5. Add the grilled salmon filets back into the pan; sprinkle with the parsley, and spoon the sauce over each filet. Serve the **creamy garlic Tuscan salmon** over steamed veg or cauliflower rice for Keto dieters, or rice or pasta for non-Keto. Enjoy! ♥

### Tips for the Tuscan salmon recipe

This **Tuscan salmon recipe** is so easy, quick to cook, ready in under 20 minutes or less! Crispy and flaky salmon is smothered in a luscious garlic butter spinach and sun-dried tomato cream sauce. The creamy garlic sauce is restaurant-quality and keeps the salmon fillets tender and moist on the inside.

- The key to obtaining a perfectly creamy sauce is to gently simmer the sauce to avoid separating and curdling
- For more flavor, you can add a dash of white wine instead of using only vegetable broth.
- Feel free to substitute vegetable broth with chicken broth or water.
- If you don't have salmon available, substitute salmon for trout, cod, or even tilapia.

### How to pan sear Salmon?

- Use either skin-on or skinless **salmon fillets**. We like skin-on fillets because it guarantees the second round of searing won't stick to the bottom of the pan.

- To allow the salmon flesh to crisp up evenly while cooking, bring the salmon fillets at room temperature and pat dry with paper towels. This also helps to prevent sticking in the pan.
- Season salmon fillets just before cooking to avoid drawing out the moisture and end up with dry salmon.
- Make sure your pan is nice and hot before adding your fillets in. Sear your salmon fillets flesh-side down first (skin-side up) until nicely golden and crispy for 3-4 minutes each side, depending on the thickness of your salmon fillet. If the fillets are extra-thick, cook a little longer, reducing the heat to medium or medium-low, so you don't burn the outside while the inside is still undercooked.

### Sides to serve with the Tuscan Salmon

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- This **pan-seared salmon recipe** is super easy and goes with lots of possibilities when it comes to choosing a side dish. Some of the best options for this salmon recipe are:
- Steamed/roasted veggies are a low carb favorite ( zucchini noodles, cauliflower rice, asparagus, broccoli, etc...)
- Mashed potatoes
- White or brown rice
- Pasta

### How to Store the Cooked Tuscan Salmon

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This creamy garlic Tuscan salmon will last up to 3 days in the refrigerator. Store the leftover **Tuscan Salmon** in an airtight container. You can also freeze the Tuscan Salmon in an airtight container for up to 1 month.

### What other readers say about this Tuscan Salmon Recipe

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"Oh I made this **creamy salmon recipe** tonight for dinner, added broccoli and baby potatoes... it was delicious!!" – Jayne

"We loved this Tuscan salmon recipe. There is so much extra sauce that it was perfect to add some elbow pasta to it. My daughter could not stop raving about it. Pretty easy as well!" – Jennifer

"Put the salmon over quinoa and family loved it! Even the local picky 6 years old ate it!" – Jacqueline

"I made this Tuscan salmon last night for my wife when she got out of work and it was great" – William

"My husband and I love this recipe. Many variations with veggies would work. I didn't have half and half so I used powdered milk, water, and sour cream. The salmon was delicious. Of course, don't leave out the linguini noodles !!" – Cynthia

"This was delicious! And easy! The only changes that I made were to use chicken broth, frozen spinach, and minced dried garlic. This **salmon recipe** is good enough to serve to company. I served it over riced cauliflower and it was perfect!" – Kim

### Is salmon healthy?

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Salmon is a real superfood: It contains omega 3 fatty acids, best known for its heart health benefits. Eating salmon or other fatty fish such as trout, mackerel, and herring helps protect your heart!

### More salmon recipes you might like

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- Baked Salmon in Foil with Asparagus and Garlic Lemon Butter Sauce
- Baked Honey Garlic Salmon in Foil
- Garlic Butter Salmon with Lemon Asparagus Skillet
- 15-Minute Meal-Prep Salmon and Asparagus in Garlic Lemon Butter Sauce