

# Seared Salmon with Spinach & Artichoke



See [Seared Salmon with Spinach & Artichoke Instructional Video](#) by Chef John Arnold

\*I first saw Giada De Laurentiis prepare this dish on Food Network years ago. Very few changes were made- except for that I like to use fresh spinach vs frozen.

***Start with Mise en place (French pronunciation: [mi zã 'plas]) is a French culinary phrase which means "putting in place" or "everything in its place". It refers to the setup required before cooking.) Have all ingredients prepped (peeled, chopped, measured, etc.) before you even begin to cook.***

## **Ingredients:**

2 tablespoons olive oil  
4 Six ounce center cut skinless salmon fillets (skin removed)  
1 teaspoon kosher salt  
2 tablespoons butter divided  
2 sprigs oregano plus 1 tablespoon chopped  
1 shallot sliced  
1 Nine ounce box frozen artichoke hearts, thawed and quartered  
½ cup chopped oil packed sundried tomatoes  
1 cup dry white wine  
2 cups baby spinach  
Fresh lemon juice and zest (optional)

## **As needed:**

olive oil  
kosher salt  
fresh cracked black pepper

## **Preheat the oven to 400°**

In a medium or large skillet, heat the oil over medium high heat. Season the salmon fillets evenly with the salt/pepper- and place each fillet flesh side down in the hot pan. Cook for 3 minutes or until deep golden brown. Using a fish spatula, flip the fillets so the skin side is down and cook an additional 2 minutes. Add 2 tablespoon of butter, the oregano sprigs and chopped oregano to the pan and reduce the heat to medium. Baste the salmon filets with the infused butter for a couple minutes. Remove the salmon and oregano sprigs to a plate to rest. (If you got the right amount of golden brown on the fish but you feel like they made need to cook through a little more- you can put them in a 275 degree oven for a few minutes- while you prepare vegetables.)

Using the same pan over medium heat add the shallot and artichoke hearts. Cook, stirring often with a wooden spoon until the shallots are softened and the artichokes are beginning to brown, about 4 minutes. Add the sun dried tomatoes and stir to combine. Deglaze the pan with the white wine and allow the wine to cook down and reduce a little. Stir in the remaining tablespoon of butter and the spinach. Cook until the spinach is just barely wilted. Always check for seasoning at this time.

Spoon the vegetables onto a platter and top with the rested salmon. Spoon any remaining sauce over the fish and serve. Finish with a little lemon juice and zest.

*Enjoy,*

*Chef John*