

## **Creamy Tuscan Garlic Salmon Recipe**

Ingredients:

For the Salmon:

4 salmon fillets (about 6-8 ounces each)

Salt and black pepper, to taste

2 tablespoons olive oil

2 cloves garlic, minced

For the Creamy Tuscan Garlic Sauce:

1 tablespoon butter

1 small onion, finely chopped

3 cloves garlic, minced

1 cup cherry tomatoes, halved

1/2 cup sun-dried tomatoes, chopped

1 cup baby spinach

1 cup heavy cream

1/2 cup chicken broth

1/2 cup grated Parmesan cheese

1 teaspoon dried Italian seasoning (or a mix of dried basil, oregano, and thyme)

Salt and black pepper, to taste

Fresh basil or parsley for garnish

Instructions:

Season and Sear the Salmon:

- a. Season the salmon fillets with salt and black pepper.
- b. In a large skillet, heat the olive oil over medium-high heat. Add the minced garlic and sauté for a minute until fragrant.
- c. Place the salmon fillets in the skillet, skin-side down, and cook for about 3-4 minutes per side until they are nicely browned and just cooked through. Remove the salmon from the skillet and set it aside.

Make the Creamy Tuscan Garlic Sauce:

- a. In the same skillet, add a tablespoon of butter. Add the chopped onion and minced garlic and sauté until they become translucent.
- b. Stir in the cherry tomatoes and sun-dried tomatoes and cook for a couple of minutes until they start to soften.
- c. Add the baby spinach and cook for another minute until it wilts.
- d. Pour in the heavy cream, chicken broth, grated Parmesan cheese, and dried Italian seasoning. Stir well to combine.
- e. Allow the sauce to simmer for 3-4 minutes to thicken, and season with salt and black pepper to taste.

Return the Salmon:

- a. Return the seared salmon fillets to the skillet, skin-side up, and spoon some of the sauce over them.
- b. Continue to simmer for another 2-3 minutes to heat the salmon through.

Serve:

- a. Garnish the creamy Tuscan garlic salmon with fresh basil or parsley.
- b. Serve the salmon with the rich, creamy sauce, and your choice of side dishes, such as pasta, rice, or crusty bread.