



Tuscan Salmon Pasta



4 Servings



40 minutes

Ingredients :

- 12oz pasta
- 1lb fresh salmon fillets skin removed
- 2 tbsp olive oil
- 3 cloves garlic minced
- ½ cup sun-dried tomatoes sliced
- 1 cup heavy cream
- ½ cup chicken or vegetable broth
- ½ cup grated Parmesan cheese
- 2 tbsp butter
- 1 tsp Italian seasoning
- 1 tbsp lemon juice
- Fresh spinach (optional)
- Salt and pepper to taste
- Red pepper flakes (optional)
- Fresh parsley or basil for garnish



Instructions :

1. Cook pasta according to package instructions ; reserve ½ cup pasta water .
2. Season salmon with salt and pepper , then sear in olive oil until cooked through . Remove and flake .
3. In the same pan , sauté garlic and sun-dried tomatoes in butter .
4. Add cream , broth , seasoning , and Parmesan ; simmer until slightly thickened .
5. Stir in salmon , pasta , lemon juice , and reserved pasta water as needed .
6. Garnish with herbs and serve warm .