

Choco Fever Dream

# Baked Stuffed Salmon With Spinach and Feta

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| **15 min**<br>Prep time | **20 min**<br>Cook time | **35 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Mediterranean**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 4 salmon fillets (about 6-oz each), skin on
- [ ] 2 cups fresh baby spinach
- [ ] 1/2 cup crumbled feta cheese
- [ ] 1 clove garlic, minced
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp olive oil
- [ ] Salt and freshly ground black pepper to taste

## Instructions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Using a sharp knife, slice a shallow pocket into the thick side of each salmon fillet, being careful not to cut all the way through.
3. In a skillet, heat 1 tbsp olive oil over medium heat, add garlic and sauté for 30 seconds, then add spinach and cook until just wilted, about 2 minutes.
4. Remove from heat, stir in feta and lemon zest, season lightly, and let the mixture cool for a minute.
5. Stuff each salmon pocket with an even spoonful of the spinach-feta mixture, then drizzle the tops with the remaining olive oil and season with salt and pepper.
6. Place the salmon on the prepared baking sheet and bake for 15-18 minutes, or until the flesh flakes easily with a fork.
7. Optional: switch to broil for the last 2 minutes to lightly caramelize the top.
8. Let rest for 2 minutes, then serve warm with a wedge of lemon.

### Nutrition per serving

| 380 kcal | 36 g | 5 g | 22 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a crispier top, finish under the broiler as described.
- The lemon zest can be swapped for a dash of white wine for added brightness.
- You can prepare the stuffing up to an hour ahead; keep refrigerated and bring to room temperature before stuffing.