

Choco Fever Dream

Creamy Salmon Pasta with Mixed Greens

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb salmon fillet, skin removed and cut into 1-inch cubes
- [ ] 12 oz fettuccine or linguine pasta
- [ ] 2 cups mixed greens (baby spinach, arugula, baby kale)
- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] Zest of 1 lemon
- [ ] 2 tbsp olive oil
- [ ] Salt and freshly ground black pepper to taste

Optional Add-Ons

- [ ] 1 tsp red-pepper flakes for heat
- [ ] Fresh chopped dill for garnish

Instructions

1. Season the salmon cubes with salt, pepper, and half the lemon zest. Heat olive oil in a large skillet over medium-high heat and sear the salmon until golden on all sides, about 3-4 minutes. Remove and set aside.
2. In the same skillet, add a splash of water or broth, then add the heavy cream. Bring to a gentle simmer, stirring constantly to avoid curdling.
3. Stir in the grated Parmesan, remaining lemon zest, and a pinch of red-pepper flakes if using. Let the sauce thicken slightly, about 2 minutes.
4. Meanwhile, cook the pasta in salted water until al dente. Reserve 1 cup of pasta water, then drain.
5. Add the cooked pasta to the sauce, tossing to coat. If the sauce is too thick, use reserved pasta water a little at a time.
6. Fold in the mixed greens and cooked salmon, allowing the greens to wilt gently for about 1 minute.
7. Taste and adjust seasoning with salt, pepper, or a splash of lemon juice. Serve immediately, garnished with fresh dill and an extra drizzle of olive oil.

Nutrition per serving

520 kcal	30 g	45 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter sauce, substitute half the cream with low-fat milk.
- Avoid over-cooking the greens; they should stay vibrant and slightly crisp.
- A splash of white wine added after searing the salmon can deepen flavor (optional).