

Choco Fever Dream

Creamy Salmon Spinach Pasta – Ready in 25 Minutes

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz salmon fillet, cut into 1-inch cubes
- [ ] 8 oz pasta (fettuccine or linguine)
- [ ] 3 cups fresh spinach leaves
- [ ] 1 cup heavy cream
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp butter
- [ ] 1 tbsp olive oil
- [ ] Zest of 1 lemon
- [ ] ½ cup grated Parmesan cheese
- [ ] Salt and freshly ground black pepper to taste

Optional Garnish

- [ ] Fresh parsley, chopped
- [ ] Extra lemon zest

Instructions

1. Bring a large pot of salted water to a boil; cook pasta al dente, then reserve 1 cup of the cooking water and drain.
2. Meanwhile, heat butter and olive oil in a large skillet over medium-high heat. Add the salmon cubes, season with salt and pepper, and sear until just cooked through, about 3-4 minutes. Remove salmon and set aside.
3. In the same skillet, lower the heat to medium and add minced garlic; sauté until fragrant, about 30 seconds. Pour in the heavy cream, stirring constantly, and let it simmer gently for 2-3 minutes.
4. Stir in the cooked pasta, reserved water, and spinach. Toss until spinach wilts and the sauce coats the noodles. Return salmon to the pan, add lemon zest and Parmesan, and mix gently.
5. Taste and adjust seasoning; finish with a drizzle of olive oil if desired. Serve immediately, garnished with fresh parsley and a pinch of extra lemon zest.

Nutrition per serving

560 kcal Calories	**30 g** Protein	**45 g** Carbs	**32 g** Fat

Tips & notes

- If the sauce thickens too quickly, add a splash more pasta water.
- For a smoky note, try a pinch of smoked paprika with the garlic.
- Leftovers reheat best on the stovetop with a little cream to revive the silky texture.