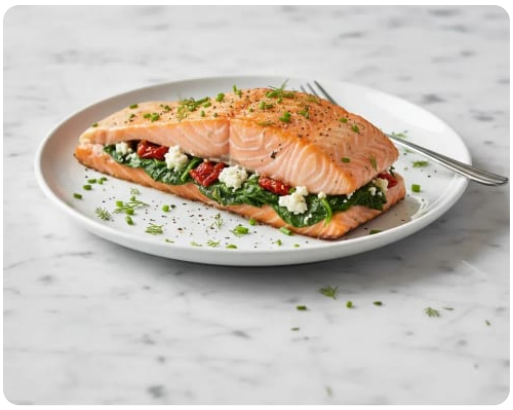


Treasure Barrel

Baked Stuffed Salmon With Spinach And Feta

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

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each)
- [ ] 2 cups fresh spinach, chopped
- [ ] 1 cup feta cheese, crumbled
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment.
2. In a skillet, heat 1 tbsp olive oil over medium heat. Add garlic, sauté briefly, then add spinach and cook until just wilted. Remove from heat and stir in feta and lemon zest; season lightly.
3. Place each salmon fillet skin-side down. Spoon the spinach-feta mixture onto the center, then gently fold the sides over or roll, securing with toothpicks if needed.
4. Brush the tops with the remaining olive oil, season with salt and pepper, and bake for 20-25 minutes, or until the fish flakes easily with a fork.
5. Allow the fillets to rest 3-5 minutes before serving; drizzle with a squeeze of fresh lemon.

Nutrition per serving

420 kcal	38 g	3 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crispier top, switch the oven to broil for the last 2 minutes.
- Feel free to add a pinch of red pepper flakes to the filling for a subtle heat.
- Leftovers reheat gently in a skillet with a splash of broth to keep them moist.