

Treasure Barrel

Creamy Garlic Salmon – Easy Weeknight Dinner

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 2 tbsp butter
- [ ] 1 cup heavy cream
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste
- [ ] Fresh dill or parsley, chopped

Optional Add-Ins

- [ ] 1 cup baby spinach leaves
- [ ] 1 tsp capers

Instructions

1. Season the salmon fillets with salt and pepper; let them rest while you prep the garlic.
2. Heat a large skillet over medium-high, melt 1 tbsp butter, then place the salmon skin-side down; sear 3-4 minutes until the skin is crisp.
3. Flip the fillets, add the minced garlic, and sauté just until fragrant, about 30 seconds.
4. Reduce heat to medium, pour in the heavy cream and lemon juice, stirring gently; let the sauce simmer softly for 4-5 minutes.
5. Stir in the remaining butter and chopped herbs; if using spinach, fold it in now until wilted.
6. Taste and adjust seasoning, then spoon the creamy sauce over each fillet before serving.

Nutrition per serving

420 kcal	34 g	5 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too much, add a splash of water or broth.
- For a deeper flavor, you can brown the butter before adding cream.
- Serve immediately; the sauce may firm up as it cools.