

Treasure Barrel

# Creamy Salmon Pasta With Mixed Greens

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| **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, cut into 1-inch cubes
- [ ] 12 oz fettuccine pasta
- [ ] 2 cups mixed greens (baby spinach, arugula)
- [ ] 1 cup heavy cream
- [ ] 2 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] 1 shallot, finely diced
- [ ] 1/2 cup grated Parmesan cheese
- [ ] Juice of 1 lemon
- [ ] Salt and freshly ground black pepper to taste

### Optional Add-ins

- [ ] 1 tsp fresh dill, chopped
- [ ] Red pepper flakes for a touch of heat

## Instructions

1. Bring a large pot of salted water to a boil, add the fettuccine, and cook until al dente. Reserve 1 cup of pasta water, then drain.
2. While the pasta cooks, heat olive oil in a large skillet over medium-high heat. Add the salmon cubes, season with salt and pepper, and sear until lightly golden, about 2-3 minutes per side. Remove and set aside.
3. In the same skillet, reduce heat to medium and add garlic and shallot. Sauté until fragrant, about 1 minute, then deglaze with a splash of white wine or broth.
4. Stir in the heavy cream, letting it simmer gently. Add the reserved pasta water a little at a time until the sauce reaches a silky consistency.
5. Return the salmon to the pan, toss with the sauce, then fold in the cooked fettuccine, lemon juice, and Parmesan. Mix until everything is coated.
6. Finally, add the mixed greens and optional dill, stirring just until the greens wilt. Serve immediately, garnished with a pinch of red pepper flakes if desired.

### Nutrition per serving

| 540 kcal | 30 g | 45 g | 28 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the sauce thickens too quickly, add a little more reserved pasta water.
- For extra depth, you can finish with a drizzle of melted butter.
- A splash of the lemon garlic salmon link lemon garlic salmon inspired me to add citrus.