

Treasure Barrel

Creamy Salmon Spinach Pasta – Ready in 25 Minutes

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

Ingredients

Main Ingredients

- [ ] 12 oz pasta (linguine or fettuccine)
- [ ] 2 salmon fillets (about 1 lb total), cut into 1-inch cubes
- [ ] 4 cups fresh spinach leaves
- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 tbsp butter
- [ ] 2 cloves garlic, minced
- [ ] 1 shallot, finely diced
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and freshly cracked black pepper to taste

Optional Garnish

- [ ] Chopped fresh dill
- [ ] Extra grated Parmesan

Instructions

1. Bring a large pot of salted water to a boil; add pasta and cook al dente, about 9 minutes. Reserve 1 cup of cooking water, then drain.
2. In a wide skillet, melt butter over medium heat. Add garlic and shallot, sauté until fragrant, about 1 minute.
3. Push aromatics to the side, add salmon pieces, season lightly, and sear until just pink, roughly 3-4 minutes. Remove salmon and set aside.
4. To the same skillet, pour in heavy cream, stirring, then fold in Parmesan, lemon zest, and juice. Let simmer gently, adding reserved pasta water a little at a time until the sauce coats the back of a spoon.
5. Return salmon to the pan, toss in spinach, and let it wilt—just a minute. Finally, add the cooked pasta, tossing everything together until evenly coated.
6. Season with salt and pepper, garnish with dill and extra Parmesan, and serve immediately.

Nutrition per serving

520 kcal	30 g	42 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, drizzle in a bit more pasta water.
- Pat the salmon dry before seasoning to ensure a good sear.
- Taste the sauce before adding extra salt; Parmesan already adds depth.