

Pan seared Citrus Salmon

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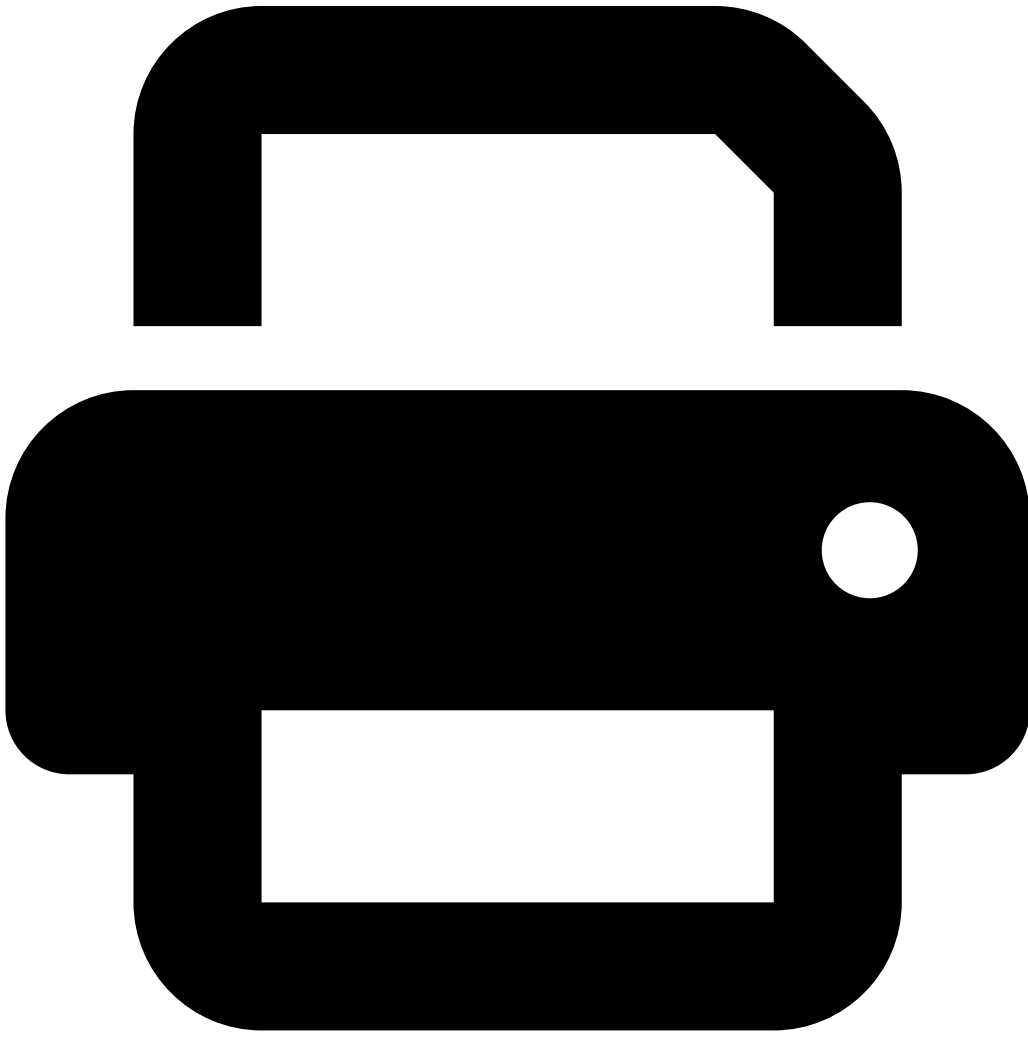
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Don't let the looks of this pan seared Citrus Salmon dinner intimidate you. This salmon meal may look intimidating, but it's not, it's quick and easy too. It's all made in one pan, with salmon, garlic, onion and the fresh taste of orange and lemon.

Not only is this citrus salmon easy and delicious, it looks and feels fancy. Best part? It comes together in less than 30 minutes. You'll want to make this healthy meal often. It's perfect for family week night dinners and decant enough for Saturday night dinner with friends.

This is a restaurant quality meal you can make in your kitchen, to show off what a great chef you are.

Things to know about this pan seared citrus salmon recipe

Start by cutting the salmon into equal parts. The measurements in this recipe are for two, if you want four meals double the recipe. Salt and pepper the salmon, in a large saute pan bring the olive oil and butter to medium heat.

Brown salmon 3 to 4 minutes per side then remove fish, add the onions and garlic to the saute pan cook until tender and just beginning to brown.

Now add the lemon, orange juice. lemon, orange sections, herbs and one pat of butter coated in flour to thicken the sauce, simmer for five minutes, return fish to pan only to heat through.

Plate salmon pour sauce over sprinkle with additional Italian parsley and rosemary and enjoy a restaurant quality meal, made by you.

If you like salmon recipes that are easy to make and delicious try my quick and easy salmon piccata

If you made this recipe please leave me a comment and don't forget to tag me on Instagram that's my favorite part!!!!

Pan Seared Citrus Salmon



Perfectly seared salmon is finished with a bright citrus sauce made with fresh orange, lemon, and herbs for an elegant meal that's light, fresh, and full of vibrant flavor.

- 2 6 oz. skinless salmon fillet
- 2 tbsp each butter and extra virgin olive oil
- 3 tbsp chopped garlic
- $\frac{1}{2}$ chopped onion
- 1 cup orange juice
- 2 tbsp lemon juice
- 2 mandarin oranges sectioned
- 1 lemon sliced
- 2 tbsp each lemon and mandarin rind
- 2 tbsp honey
- 2 tbsp each chopped rosemary and Italian parsley
- Salt and pepper to taste

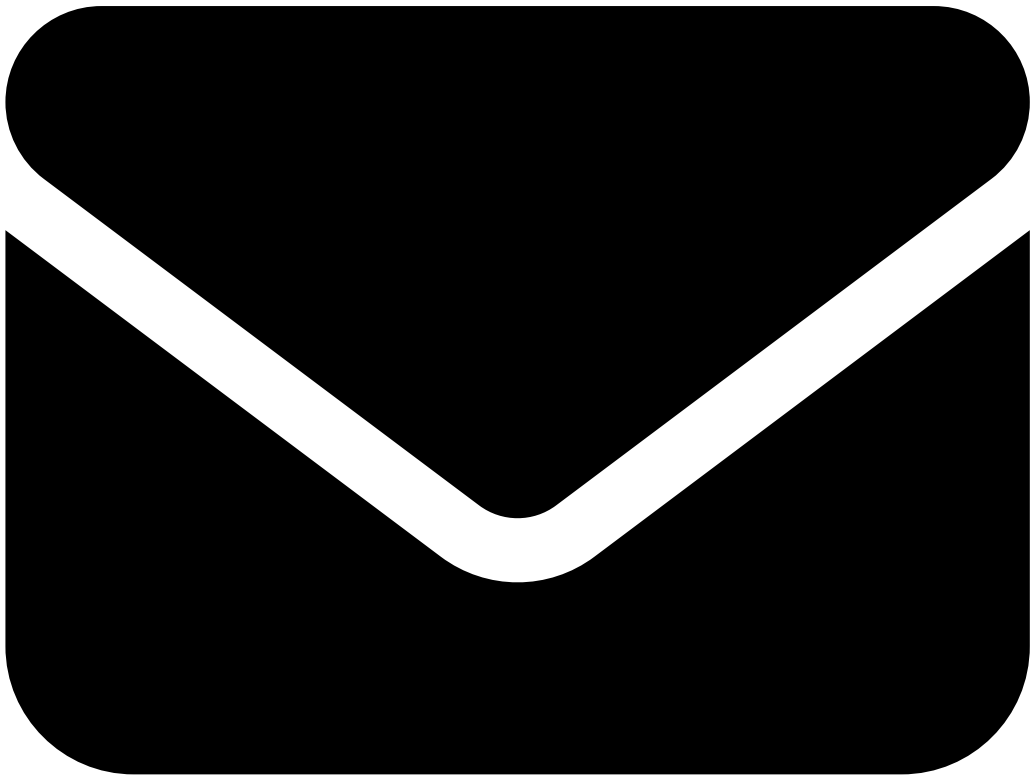
1. Salt and pepper salmon
2. In a large saute pan melt the butter and olive oil bring to medium high heat
3. Add salmon saute until brown 3 to 4 minutes per side
4. Remove salmon set aside
5. Add onion and garlic saute until tender and just beginning to brown
6. Add orange juice, lemon juice, sliced lemons, mandarin oranges, honey, herbs and one tablespoon of butter coated in flour
7. Cook until sauce thickens about 5 minutes
8. Return salmon to pan heat through
9. Plate salmon pour sauce over sprinkle with additional rosemary and Italian parsley

Quick and Easy Seafood Pasta with Shrimp

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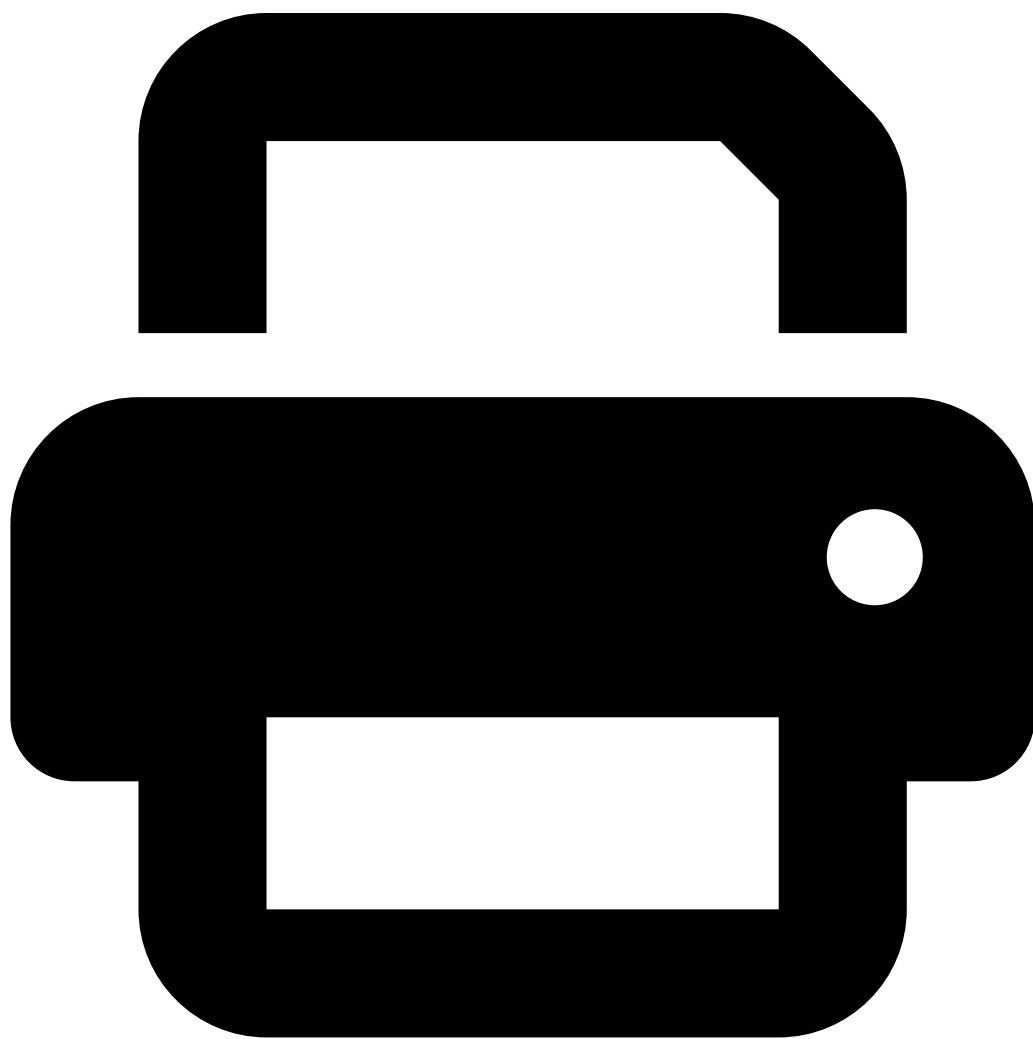
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If you love seafood pasta as much as I do, you're going to love this Quick and Easy Seafood Pasta with Shrimp, you can make right at home. Inspired by those indulgent restaurant meals, this dish comes together quickly with tender shrimp, your favorite pasta, and a light, flavorful sauce. I've included options to cook with wine or stock—so you can customize it to suit your preferences. It's an elegant, easy dinner perfect for any night of the week, that includes perfectly seared scallops! Don't worry, I'll show you exactly how to get that golden crust every time.

Perfectly seared scallops, how do you do that????

This is how, you saute them in a mixture of butter and olive oil and you don't over crowd the pan, or you end up with scallops that look boiled.....YIKES!!!!The butter is the browning agent, the oil keeps the butter from burning, this process produces beautifully seared golden scallops, cooked to perfection.

This linguine with seared scallops is easy and quick. It can be on your table in 30 minutes, it's a perfect way to show off what a great "home chef" you are.

Simple yet impressive, it's the perfect easy meal for weeknight family meals and fancy enough for Saturday night dinner with friends. It's a delicious dinner that looks pretty on your table, served on pretty plates or served family style in one bowl.

Scallops can be expensive, if you add them to pasta, it's an affordable meal you can have on your weekly menu. This easy seafood pasta was inspired by my love for elegant restaurant-style seafood dishes—something I always considered a luxury meal. I've simplified the recipe to make it approachable for the home cook, without sacrificing flavor or flair.

I don't drink alcohol, so I always include options in my recipes for either wine or stock—use whatever works best for your lifestyle and taste. In this recipe, either option works beautifully. If you prefer not to cook with wine, just use a good-quality stock. For the pasta, I used spinach linguine, but feel free to use any pasta shape or flavor you enjoy. Just be sure to cook it in well-salted, rapidly boiling water for the best flavor. If you love scallops try my personal favorite perfectly seared scallops with orzo.

If you try this recipe don't forget to leave me a comment and tag me on Instagram, That's my favorite part!!!!

Quick and Easy Seafood Pasta with Shrimp



Perfectly seared scallops are served over creamy tomato linguine for an elegant Italian seafood dinner that's rich, comforting, and surprisingly easy to make.

- $\frac{1}{2}$ lb linguine
 - 1 lb large scallops
 - 2 cups chopped spinach
 - $\frac{1}{2}$ cup chopped onion
 - 2 tbsp chopped garlic
 - 2 tbsp all-purpose flour
 - 1 cup marinara sauce (prepared)
 - 1 cup heavy whipping cream
 - 1 cup chicken stock or white wine
 - 1 tbsp each: chopped Italian parsley, basil, and thyme
 - 2 tbsp olive oil
 - 2 tbsp butter
 - Salt and pepper, to taste
 - Freshly grated Parmesan cheese, for serving
 - Extra chopped parsley, for garnish
1. Bring a large pot of salted water to a boil. Cook the linguine according to package directions until al dente. Reserve 2 cups of the pasta water before draining then and set aside.
 2. Pat scallops dry with paper towels. remove the membrane on the side. Season both sides with salt and pepper, then lightly coat with flour.
 3. In a large sauté pan, heat the olive oil and butter over

medium-high heat. Add scallops and sear for about 3 minutes per side until golden brown and cooked through. Remove and set aside.

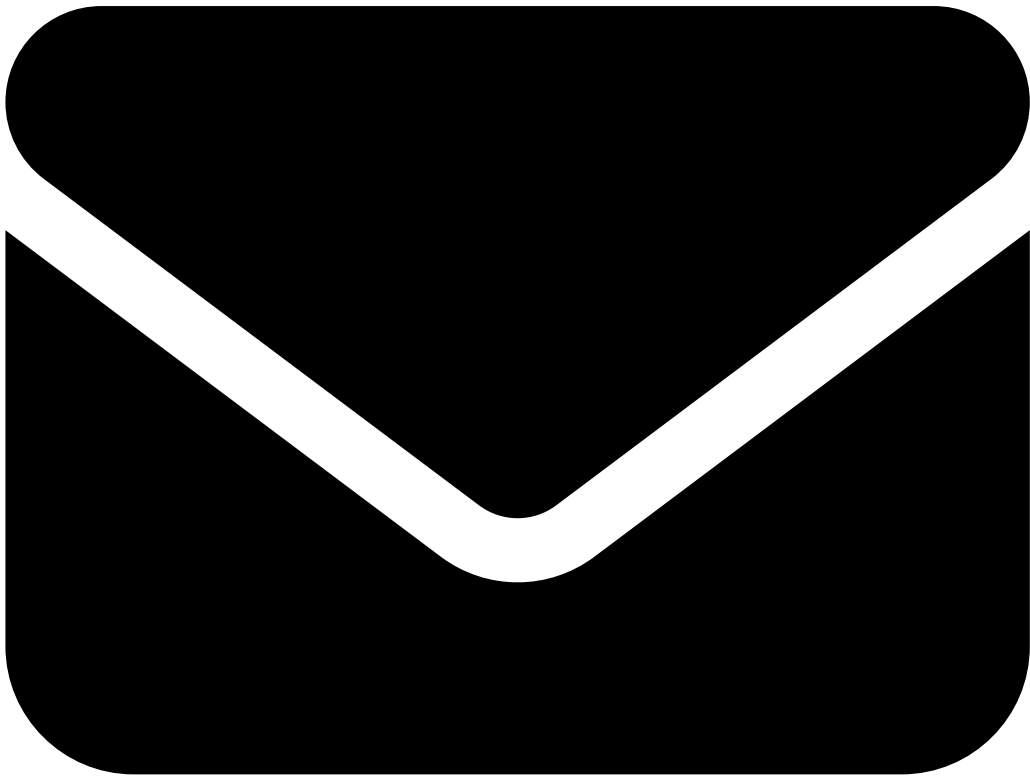
4. In the same pan, add a little more oil if needed. Sauté the chopped onion and garlic until softened and translucent, about 3–4 minutes.
5. Pour in the chicken stock or white wine to deglaze the pan, scraping up any brown bits. Stir in the marinara sauce, reserved pasta water and heavy cream. Simmer for about 10 minutes, or until the sauce thickens.
6. Add the chopped spinach and fresh herbs during the last 5 minutes of simmering. Stir to combine and let the spinach wilt.
7. Toss the cooked linguine in the sauce until well coated. Plate the pasta, top with seared scallops, and garnish with grated Parmesan and a sprinkle of fresh

30 minute Tuscan Salmon Pasta

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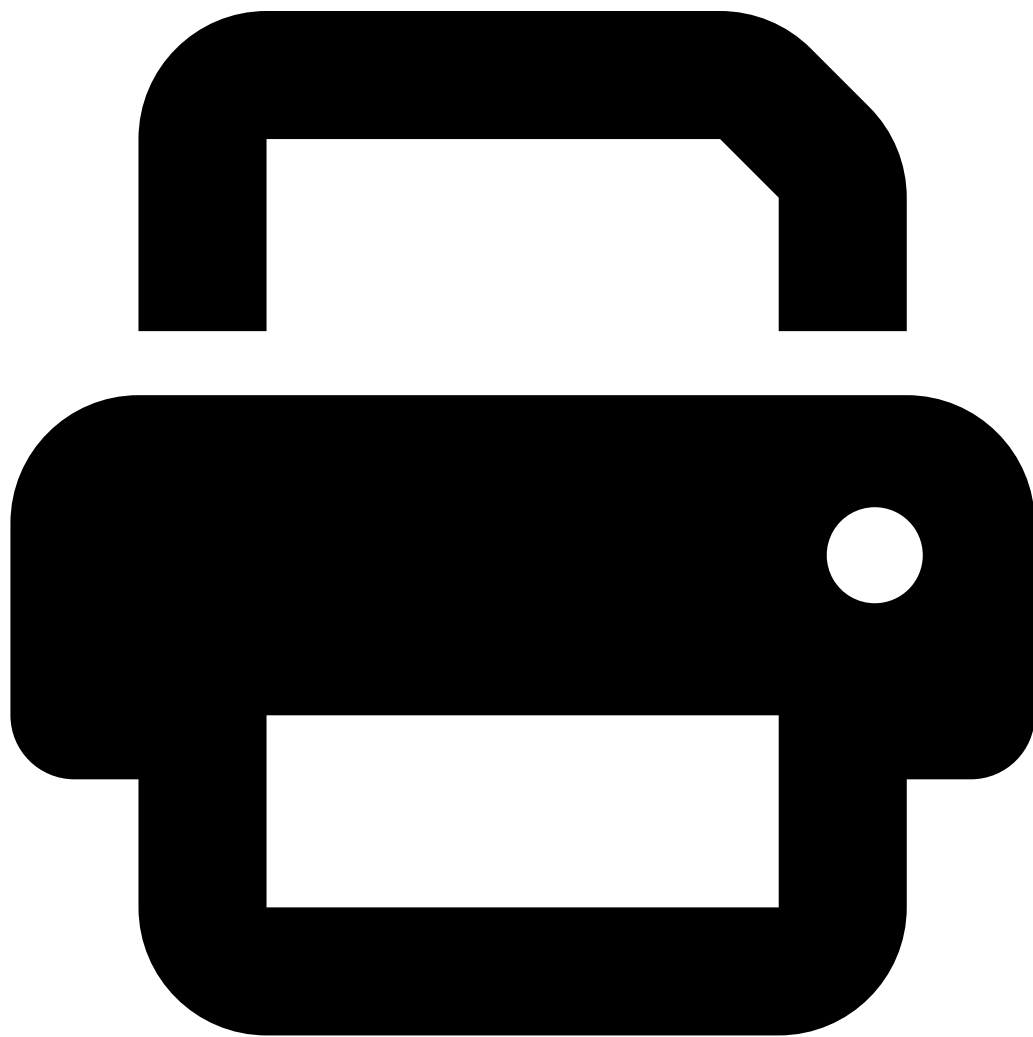
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Rich and creamy this Tuscan salmon pasta is full of robust flavors, that can be on your table in less than 30 minutes, but your family and friends will think it took hours.

When I find it difficult to come up with a meal everyone will like, I turn to pasta. It's easy, quick, delicious, inexpensive and WHO doesn't love pasta??? Pasta is delicious plain and simple, Think olive oil, garlic, parmesan and some herbs, add some fresh salmon and you have a guaranteed crowd pleaser!!!!That's all it takes, adding salmon to pasta to make a meal that is cause for celebration.

Pasta is a weeknight superhero, it cooks quickly ,and is extremely versatile, yet can feel like a celebration, in this Tuscan salmon pasta meal. This classic recipe calls for ingredients you probably already have on hand, butter, garlic, cream, spinach which together create a creamy, saucy Italian flavored dinner. The best part it can be on your table in less than 30 minutes. This Tuscan salmon pasta recipe is quick

enough for busy weeknight and family meals, but feels special enough for Saturday night dinner with friends. It's a prefect way to show off what a great "home chef" you are.

Salmon can be expensive, if you add it to pasta, it's an affordable meal you can have on your weekly menu. This recipe was inspired by my love of seafood pasta, one of my top restaurant' luxury' meals, I simplified the recipe for the "home chef".

You can also roast the salmon instead of sauteing it, If i use this method and I often do for a hands- free option, I use my toaster oven, instead of heating up my large oven to roast small amounts of fish. I don't drink alcohol, so I give you options in all my recipes to use wine or stock, use whatever fits your lifestyle and taste. In some recipes I do use wine, Am okay with that, if your not use stock.

When cooking pasta salt the water. The water should be boiling rapidly before dropping in the pasta. I used linguine, you can use any shape pasta or flavor pasta you like.

It's also easier if the pasta water pan is on the back burner and the saute pan on the front one. I like this 8 quart stock pot for pasta and soups.

Use a large enough saute pan so you don't crowd the fish, if your sauteing the salmon.

The whole idea behind food and creating recipes is to experiment and have fun doing it....!!!! If you like salmon recipes try my Quick and easy creamy salmon piccata or air fryer salmon skewer Italian spiedini.

If you make this recipe let me know your experience, comments, feedback whatever you feel like talking about.

That's my favorite part and don't forget to tag me on Instagram.....

30-Minute Tuscan Salmon Pasta



- 12 ounces pasta (penne, fettuccine, linguine, or your favorite shape)
- 1 pound salmon fillet, skin removed and cut into bite-sized cubes
- Salt and freshly ground black pepper, to taste
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- $\frac{1}{2}$ cup yellow onion, finely diced
- 3 cloves garlic, minced
- 1 cup sun-dried tomatoes, chopped
- 1 cup heavy cream
- $\frac{1}{2}$ cup chicken broth (or dry white wine)
- 4 cups fresh baby spinach
- $\frac{1}{4}$ cup grated Parmesan cheese
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh parsley
- 1 tsp fresh thyme leaves (or $\frac{1}{2}$ teaspoon dried thyme)
- Crushed red pepper flakes (optional)

1. Bring a large pot of salted water to a boil. Cook the pasta according to the package directions until al dente. Reserve $\frac{1}{2}$ cup of the pasta water, then drain.
2. While the pasta cooks, season the salmon with salt and pepper.
3. Heat the olive oil and butter in a large skillet over

medium-high heat. Add the salmon and cook for 2–3 minutes per side, until lightly golden but not fully cooked through. Transfer to a plate.

4. Reduce the heat to medium. Add the onion and cook for 3–4 minutes until softened. Stir in the garlic and cook for 30 seconds until fragrant.
5. Add the chicken broth (or white wine) and scrape up any browned bits from the bottom of the pan. Simmer for 2 minutes.
6. Stir in the heavy cream, Parmesan cheese, and sun-dried tomatoes. Simmer for 3–5 minutes, stirring occasionally, until the sauce begins to thicken.
7. Add the spinach, basil, parsley, and thyme. Cook until the spinach has wilted, about 2 minutes.
8. Return the salmon to the skillet and gently stir until heated through, about 2 minutes.
9. Add the cooked pasta and toss until evenly coated. If the sauce is too thick, stir in a little reserved pasta water until it reaches your desired consistency.
10. Taste and season with additional salt, pepper, or crushed red pepper flakes if desired. Serve immediately with extra Parmesan and fresh parsley.
11. Pair with warm garlic bread and a simple green salad for a quick, restaurant-style meal.