Creamy Salmon Pasta Recipe

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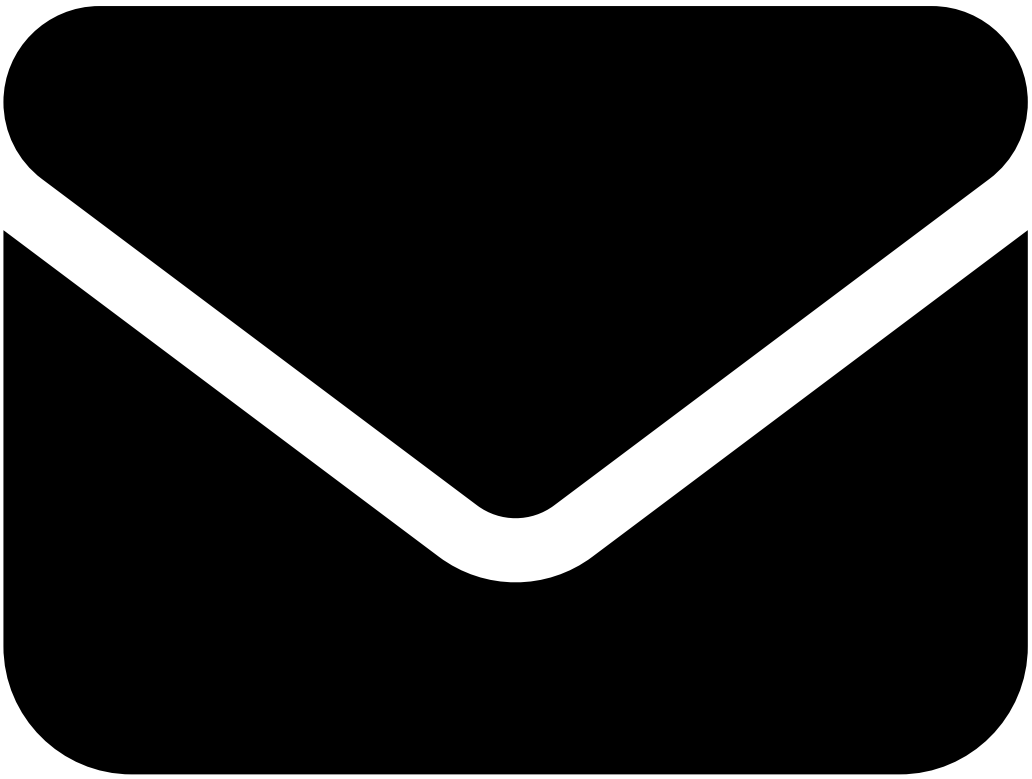




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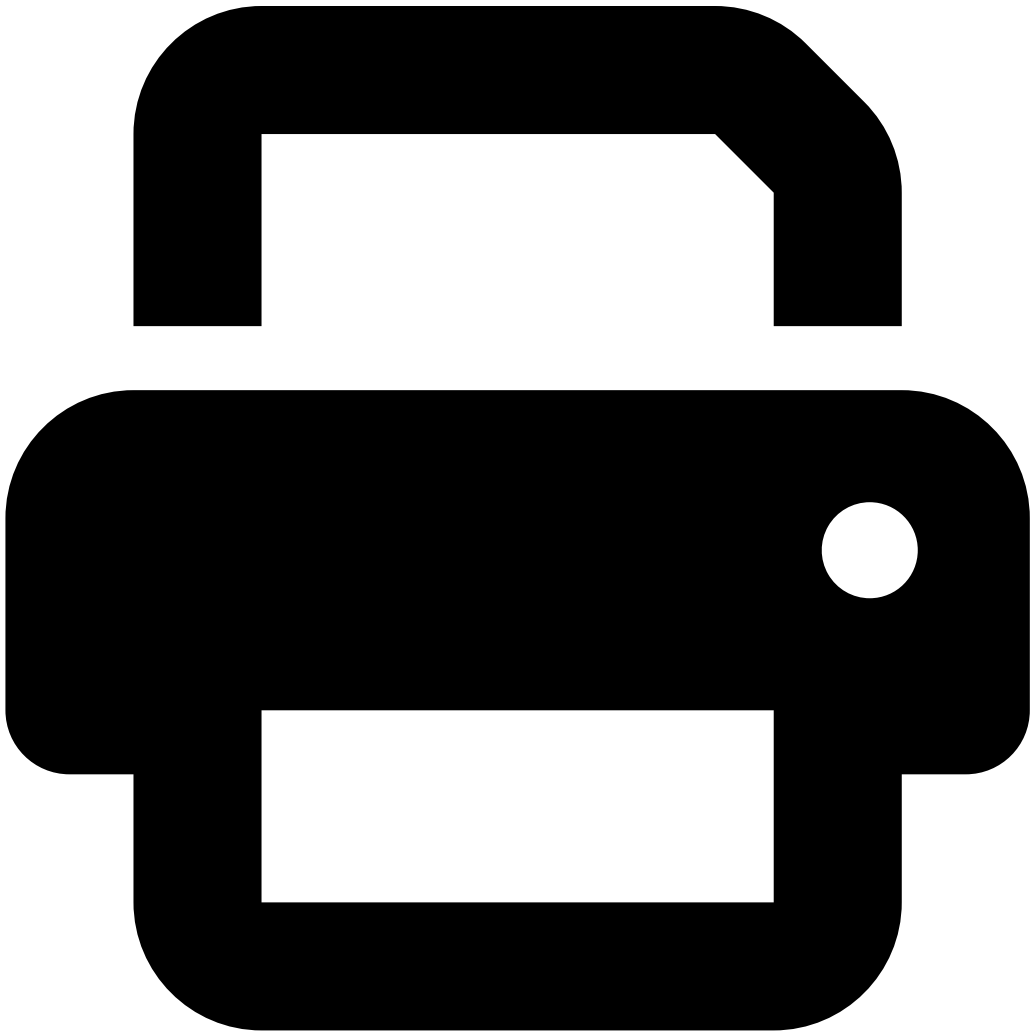

I am so happy to see life slowly returning to a new normal. So much so that am celebrating with this delicious restaurant quality Creamy salmon pasta recipe. This salmon pasta recipe doesn’t take a lot of salmon, which can be pricey if your on a budget to feed a family of four.

Succulent salmon, sundried tomatoes and spinach in a creamy parmesan sauce full of Italian flavors. And the best part it’s a quick recipe that comes together in less than 30 minutes. Making this a great recipe for those busy night, when commitments are long and time is short, or fancy enough for special meals with friends.

How to Make Creamy Salmon pasta

This creamy salmon pasta recipe starts by cooking the pasta according to package direction. Then drain the pasta reserving two cups of the magical pasta water.

YES, pasta water is magical when added to pasta sauces, it’s natural starch thickens the sauce and adds flavor eliminating the need for added creams. Salt and pepper the salmon then cut it into cubes.

Brown the salmon then remove it from the pan to prevent overcooking, set it aside while making the sauce.

Put the rest of the ingredients in the pan scraping up all the brown bites, simmer for 15 minutes. Add the spinach, lemon juice and parmesan cheese last 5 minutes. Return salmon, and pasta to saute pan heat through, sprinkle with additional parmesan, parsley and thyme….ENJOY

If you make this recipe please leave me a comment and don’t forget to tag me on Instagram hearing from you is my favorite part. If you like salmon, you may want to try my Citrus Salmon

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Penne is tossed with tender salmon, sun-dried tomatoes, spinach, and fresh herbs in a creamy Parmesan lemon sauce for a rich, flavorful pasta dish.

- 1 lb penne
- 1 lb Salmon fillet
- 4 oz sun dried tomatoes
- 2 cups chopped spinach
- 1 cup parmesan cheese

- 1 cup heavy whipping cream
- 1 cup chicken stock 1 cup reserved pasta water
- Juice of one lemon
- 2 tbsp chopped garlic
- ½ cup chopped onion
- 1 tbsp each chopped Italian parsley, basil, and thyme
- 2 tbsp each olive oil and butter
- Salt and pepper to taste

1. Cook pasta according to package directions resevering 1 cup of the pasta water

2. Heat oil and butter add onion and garlic saute until tender and just beginning to brown
3. Salt and pepper salmon cut into large cubes
4. Add salmon saute on high heat till almost cooked trough about 3 minutes per side
5. Remove salmon
6. Add the heavy whipping cream, chicken stock, reserved pasta water and parmesan cheese
7. Simmer until sauce thickens about 15 minutes
8. Add herbs and lemon juice
9. Add the spinach and sun dried tomatoes simmer 5 minutes longer
10. Toss cooked penne in sauce
11. Top with additional parmesan