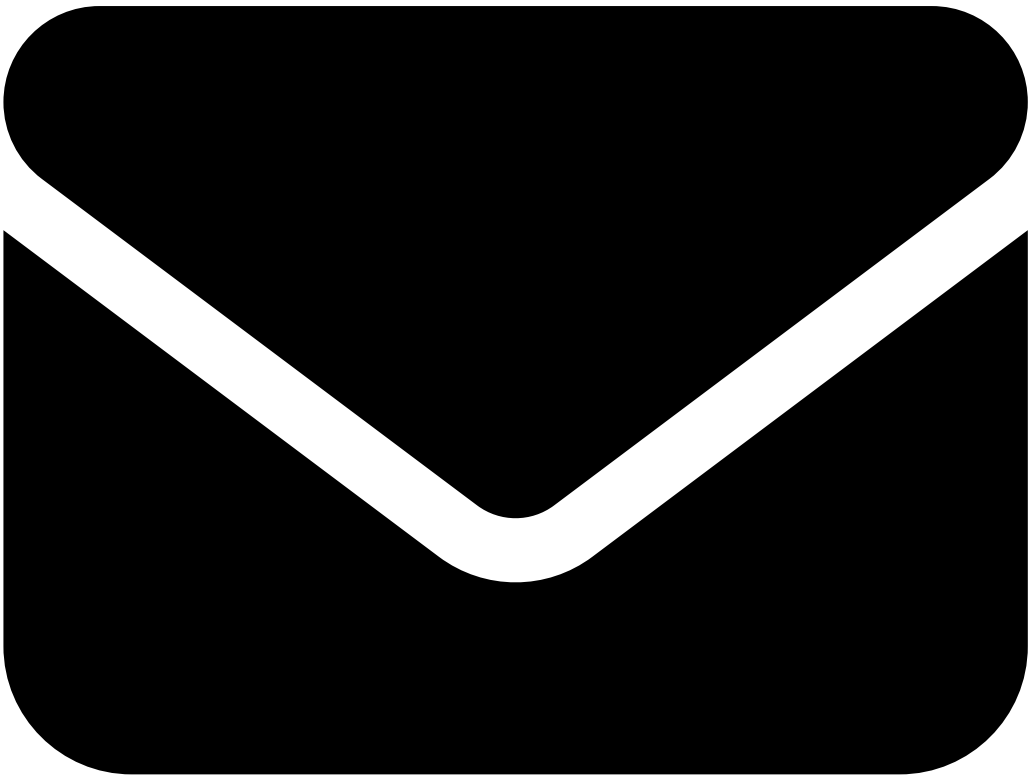
Pan-Seared Salmon with Creamy Tuscan Orzo.

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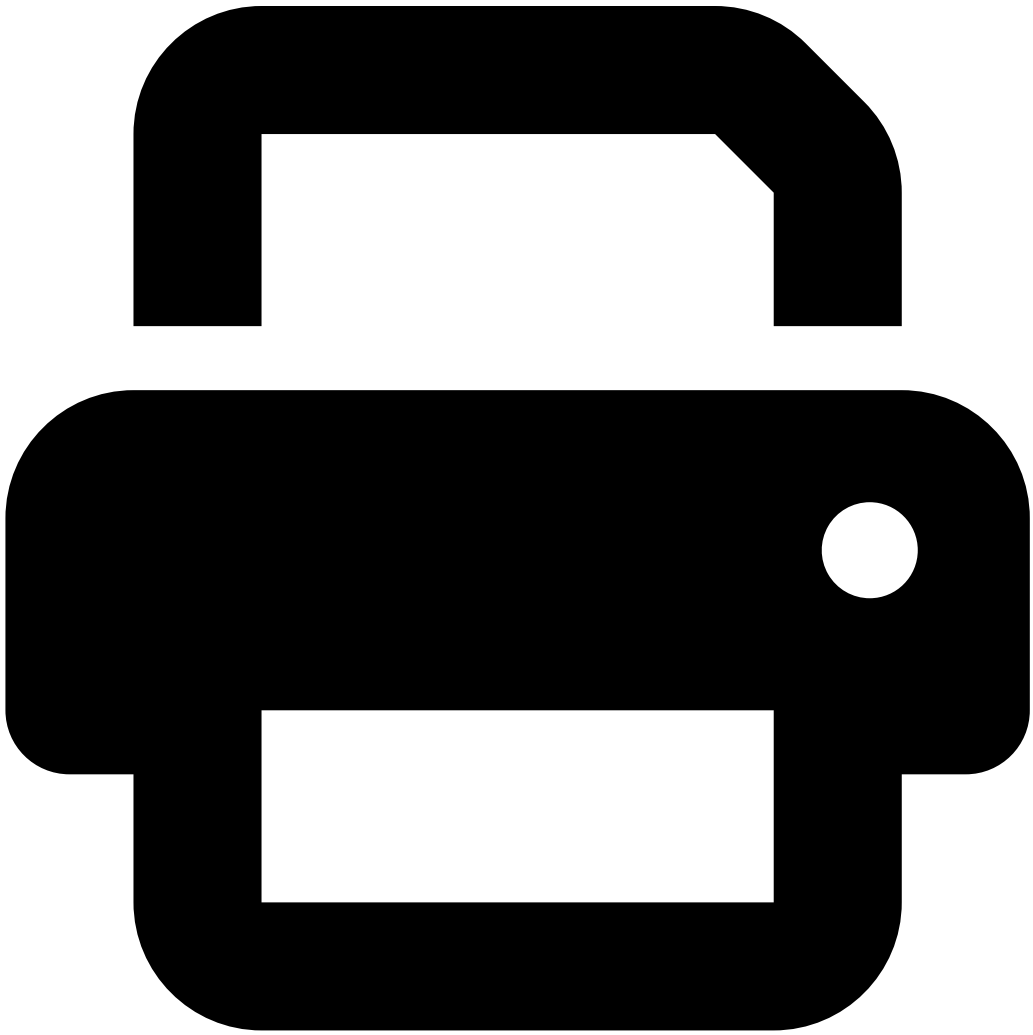
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SMS



If you’re looking for an easy weeknight dinner that’s simple enough for a family meal but elegant enough to serve to friends on Saturday night, this **Pan-Seared Salmon with Tuscan Orzo** is the perfect choice. The salmon is pan-seared until golden and crispy on the outside while staying tender and flaky inside, then served over creamy orzo with spinach and sun-dried tomatoes.

This **Pan-Seared Salmon with Tuscan Orzo** brings together two things I love in a good dinner: perfectly cooked salmon and a creamy, comforting pasta dish. The salmon is pan-seared until golden and crispy on the outside while staying tender and flaky inside, making the perfect contrast to the creamy orzo.

The orzo is cooked in a garlicky, flavorful sauce with spinach and sun-dried tomatoes, adding beautiful color and plenty of flavor to every bite. It’s an easy yet impressive dinner that feels comforting without being too heavy, and the combination

of fresh ingredients makes it a dish you can enjoy any time of year.

Inspired by the rustic flavors of Tuscany, this easy salmon dinner comes together with simple, flavorful ingredients and makes a complete meal in one pan. It’s colorful, satisfying, and packed with fresh Mediterranean-inspired flavors, making it a dish you’ll want to make for both busy weeknights and special dinners at home.

Things to know about this Tuscan salmon recipe

For the best results, don’t overcook the salmon. It should be golden on the outside and just cooked through and flaky in the center. The orzo will continue to absorb the sauce as it sits, so if needed, add a splash of chicken broth or water before serving to bring back its creamy consistency.

Storage and Reheating

Store leftover salmon and Tuscan orzo in an airtight container in the refrigerator for up to **3 days**. For the best texture, store the salmon separately from the orzo if possible.

To reheat, warm the orzo gently in a skillet over medium-low heat with a splash of chicken broth or water, stirring occasionally until creamy and heated through. Reheat the salmon gently so it doesn’t dry out. I recommend enjoying the leftovers within a few days for the best flavor and texture.

If you make this **Pan-Seared Salmon with Tuscan Orzo**, I’d love to hear how it turns out! Leave a comment and let me know how you served it or any changes you made to make it your own.

If you love easy Italian-inspired dinners, be sure to try my **Creamy Tortellini Soup** , **Pasta alla Norcina** and **Creamy Butternut Squash Gorgonzola Pasta** For this recipe, a good

nonstick skillet, **wooden spoon**, and **fine grater** are especially helpful.

Pan-Seared Salmon with Creamy Tuscan Orzo.



This easy Pan-Seared Salmon with Creamy Tuscan Orzo combines golden, tender salmon with creamy garlic orzo, spinach, and sun-dried tomatoes for an easy Italian-inspired dinner perfect for weeknights or entertaining.

- 2 lb. cleaned skinless salmon
- 1 tsp each, garlic, onion and paprika powder
- salt and pepper to taste
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. butter
- 2 Tbsp. finely minced garlic
- 1/2 cup chopped sundried tomatoes
- 1/2 cup white wine
- 2 cups chicken stock
- 1 cup heavy cream
- 1 cup water
- 3 cups orzo
- 1 cup grated parmesan cheese
- 2 cups chopped spinach

1. **Prepare the salmon:** Clean the salmon and pat it dry with paper towels. Cut it into equal portions and season both sides with salt and pepper.

   Season the salmon: In a small bowl, combine the garlic, onion, and paprika. Rub the seasoning mixture evenly over both sides of the salmon.

2. **Sear the salmon:** Heat 2 tablespoons of olive oil in a 12-inch sauté pan over medium-high heat. Add the salmon and sear for about 5 minutes per side, or until golden brown and nearly cooked through. Remove the salmon from the pan, cover loosely with aluminum foil, and set aside.

3. **Sauté the aromatics:** In the same pan, melt the butter over medium heat. Add the garlic and sauté until soft and fragrant, about 1–2 minutes.

4. **Add the sun-dried tomatoes:** Stir in the sun-dried tomatoes and cook until softened and fragrant.

5. **Deglaze the pan:** Pour in the white wine and scrape up any browned bits from the bottom of the pan. Let the wine simmer until mostly evaporated.

6. **Cook the orzo:** Add the chicken stock, cream, and water. Stir in the orzo and bring the mixture to a gentle simmer. Reduce the heat and cook for about 7 minutes, stirring occasionally, until the orzo is tender but still slightly firm.

7. **Finish the orzo:** Stir in the grated Parmesan and chopped spinach. Continue cooking for about 5 minutes, or until the spinach is wilted and the orzo is creamy.

8. **Return the salmon:** Nestle the salmon back into the orzo and cook for another 1–2 minutes, just until the salmon is heated through. Serve immediately.

Don’t overcook the salmon. Sear it until golden and crispy on the outside and just cooked through in the center. For extra-creamy orzo, add a splash of broth just before serving if it has thickened too much.

Main Course

Italian

Pan-Seared Salmon