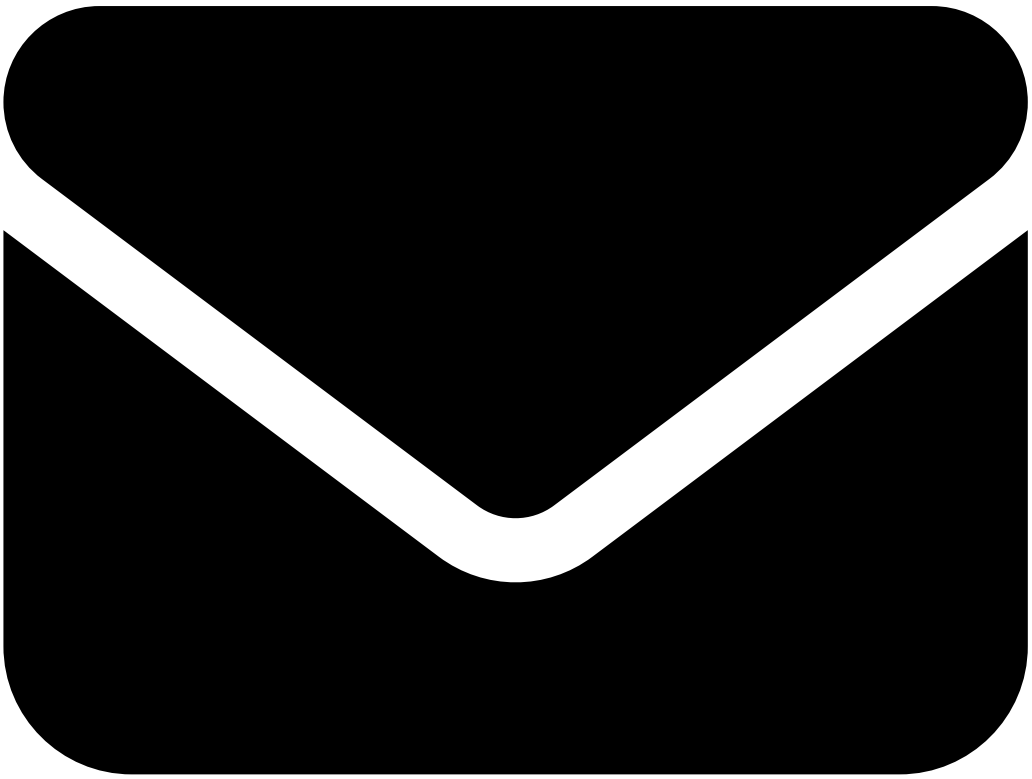
Salmon alla Puttanesca – Rustic Italian Salmon

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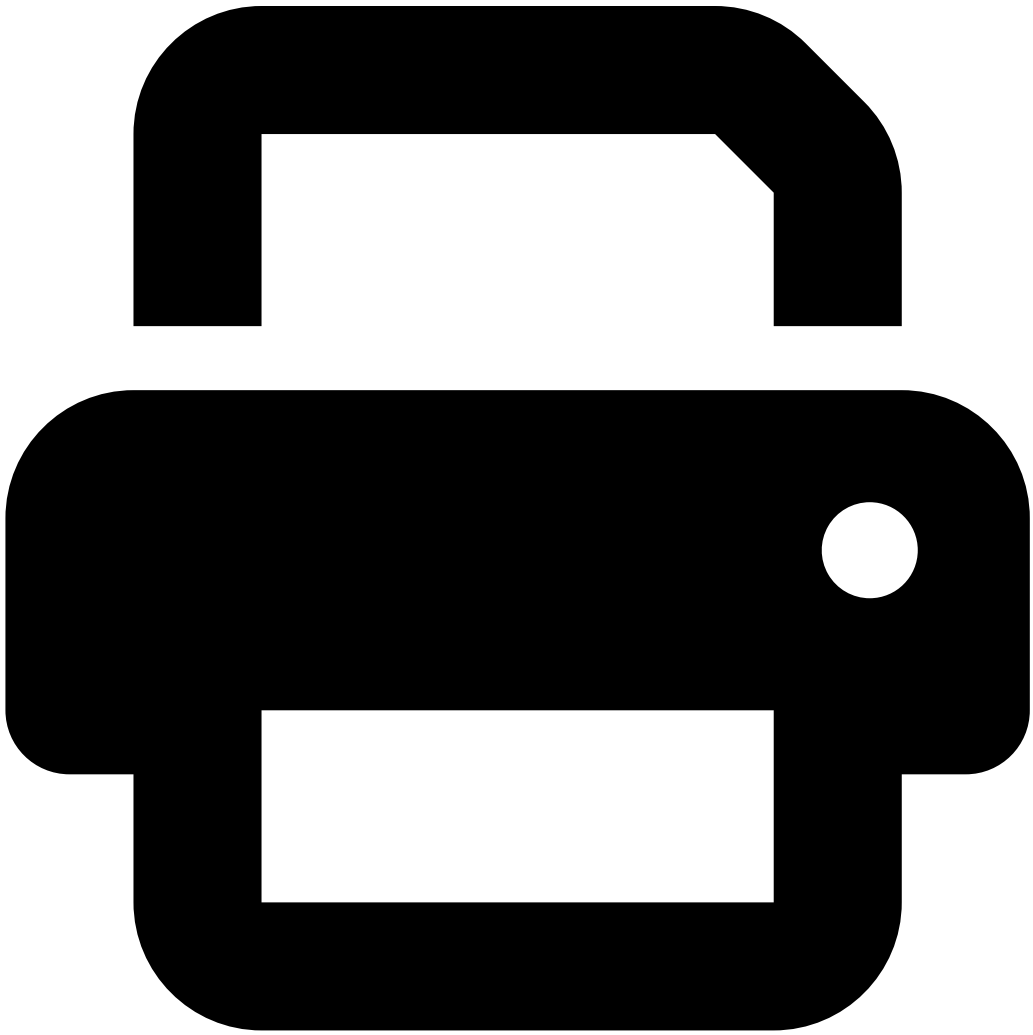









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When I think of bold Italian flavors, Puttanesca sauce is one of the first that comes to mind. At our restaurant, we loved taking this rustic Southern Italian classic beyond pasta and pairing it with tender salmon fillets. Briny olives, salty capers, and anchovies simmer together with tomatoes to create a rich, flavorful sauce that perfectly complements the salmon. Serve it with pasta, crusty bread, or simply on its own for an easy, restaurant-quality meal that brings the bold flavors of Southern Italy straight to your table.

Things to Know About Salmon alla Puttanesca

A Southern Italian classic: Puttanesca is a bold, rustic sauce traditionally associated with Southern Italy, particularly Naples. Tomatoes, olives, capers, and anchovies come together for a sauce that is salty, savory, and full of Mediterranean flavor.

Ready in about 30 minutes: This Salmon alla Puttanesca is an easy weeknight dinner that comes together quickly without sacrificing flavor. It’s the kind of meal that feels special enough for guests but is simple enough for a busy evening.

The anchovies add depth, not a fishy flavor: Don’t let the anchovies put you off. They melt into the sauce as it cooks, adding savory depth and umami without overpowering the salmon.

Serve it your way: Spoon the salmon and puttanesca sauce over spaghetti for a hearty Italian-inspired meal, or serve it with roasted vegetables, potatoes, or crusty bread to soak up every drop of sauce.

Pantry-friendly ingredients: One of the best things about puttanesca sauce is that most of the ingredients can be kept on hand. Canned tomatoes, olives, capers, and anchovies make it easy to put together a flavorful dinner without a special trip to the grocery store.

Restaurant favorite: We served this salmon in our restaurant, and it was always a favorite. It has all the qualities I love in a good restaurant dish—bold flavor, beautiful presentation, and plenty of comfort—without being complicated to make at home.

- If you love Italian salmon recipes, don’t miss my quick and easy creamy **Salmon Piccata** – a lighter, lemony dish that’s just as easy and full of flavor! or salmon spiedini tender, flavorful salmon skewers with a hint of lemon and herbs, perfect for a simple weeknight dinner or a summer grill!

Salmon alla Puttanesca – Rustic Italian Salmon



Salmon alla Puttanesca is a rustic Italian seafood dish featuring tender salmon simmered with a bold puttanesca sauce made with tomatoes, olives, capers, garlic, and herbs. A flavorful Mediterranean-inspired dinner that is simple enough for weeknights yet elegant for entertaining.

- 4 salmon fillets (about 6 oz each, skin on or off)
- 3 tbsp olive oil (divided)
- 3 garlic cloves (thinly sliced)
- 1 tsp red pepper flakes (optional, for heat)
- 1 can (14 oz crushed tomatoes)
- ½ cup Kalamata olives (pitted and halved)
- 2 tbsp capers
- 4 anchovy fillets (or 1 tsp anchovy paste)
- 1 tsp dried oregano
- 1 cup cherry tomatoes (halved (optional for freshness))
- 1 cup white wine
- Salt and black pepper to taste
- 2 tbsp fresh parsley (chopped)
- Lemon wedges (for serving)

1. **Sear the Salmon**

   Pat salmon dry, season with salt and pepper.

   Heat 2 tbsp olive oil in a large skillet over medium-

high heat.

Sear salmon skin-side down for 3–4 minutes, then flip and cook another 2–3 minutes until just cooked through. Remove and set aside.

2. **Make the Puttanesca Sauce**

   In the same pan, add remaining 1 tbsp olive oil and garlic. Sauté until fragrant.

   Stir in red pepper flakes, anchovies, and oregano. Cook until anchovies melt into the oil. deglaze the pan with the wine , waiting until fully evaporated before proceeding.

   Add crushed tomatoes, olives, capers, and cherry tomatoes. Simmer 10 minutes until sauce thickens slightly. Taste and adjust seasoning.

3. **Finish the Dish**

   Nestle salmon fillets into the sauce and spoon sauce over the top. Simmer gently 2 minutes to warm through.

   Garnish with parsley and serve with lemon wedges

Main Course
Italian
salmon alla puttanesca, Italian salmon recipe,