

Salmon alla Puttanesca – Rustic Italian Salmon

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When I think of bold Italian flavors, puttanesca sauce immediately comes to mind. In our restaurant, we loved taking this rustic southern Italian classic and pairing it with tender salmon fillets for something a little different from the usual pasta. The briny olives, salty capers, and anchovies simmer into a rich tomato sauce that clings beautifully to the fish. Served with pasta or just some crusty bread on the side, this **Salmon alla Puttanesca** always brought the taste of the Mediterranean right to the table – and it's just as easy to make at home.

Things to know about this Salmon alla Puttanesca – Rustic Italian Salmon

- **Origin of the sauce:** Puttanesca sauce comes from southern Italy, most often Naples, and is famous for its bold mix of tomatoes, olives, capers, and anchovies.
- **Quick to make:** This dish comes together in about 30 minutes, making it perfect for a weeknight dinner with a restaurant-quality feel.
- **Not overly “fishy”:** The anchovies melt into the sauce, adding a savory depth without overpowering the salmon.

- **Flexible serving options:** Serve over spaghetti for a classic Italian pairing, or keep it lighter with roasted vegetables or crusty bread.
- **Fresh or pantry-friendly:** The sauce relies on pantry staples like canned tomatoes, capers, and olives, so you can whip it up anytime.
- **Restaurant-style at home:** We used to serve this in the restaurant, and it was always a favorite because it's elegant, flavorful, and satisfying without being fussy.
- 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!

Ingredients

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

- 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
- $\frac{1}{2}$ 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

Instructions

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