

# Salmon Florentine with Mushrooms

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When you want a meal that's both elegant and comforting, this **Salmon Florentine with Mushrooms** is the perfect choice. Tender seared salmon fillets are nestled into a creamy garlic-Parmesan sauce with fresh spinach and earthy mushrooms, creating a dish that's rich, flavorful, and satisfying without being heavy.

This classic Italian-inspired recipe gets its name from "Florentine," which refers to dishes prepared with spinach, a favorite ingredient in Florence. The addition of mushrooms gives the sauce extra depth, making it perfect for spooning over pasta, rice, or even with a side of crusty bread to soak up every drop.

## Things to know about this Salmon Florentine with Mushrooms

- **What "Florentine" Means:** In Italian cooking, "Florentine" refers to dishes prepared with spinach, a nod to the city of Florence where spinach is a beloved ingredient.
- **Best Salmon to Use:** Choose skin-on fillets if you like a crisp sear, or skinless if you prefer easier serving. Thicker fillets work best for this recipe so they don't overcook.

- **Mushroom Varieties:** Cremini or baby bella mushrooms add a deeper, earthier flavor, while white mushrooms give a lighter taste. You can even use a mix for more complexity.
- **Make-Ahead Tip:** The sauce can be prepared a few hours in advance and reheated gently. Add the spinach just before serving to keep it vibrant and fresh.
- **Pairings:** This creamy salmon dish pairs beautifully with a crisp Pinot Grigio, Sauvignon Blanc, or a light Chardonnay. For a non-alcoholic option, try sparkling water with lemon.
- **Serving Ideas:** Spoon over pasta, creamy mashed potatoes, or rice—or serve with crusty bread to soak up the sauce.
- **Storage:** Leftovers keep well in an airtight container in the refrigerator for up to 2 days. Reheat gently over low heat, adding a splash of broth or cream to loosen the sauce.
- This **Salmon Florentine with Mushrooms** is one of those recipes that feels special without requiring a lot of effort. The creamy garlic-Parmesan sauce, tender salmon, and earthy mushrooms come together in just 30 minutes, making it a dish you'll want to make again and again. If you enjoy this recipe, you'll also love my cod puttanesca recipe and Bone-In Pork Chop Piccata—both are simple, flavorful Italian-inspired meals perfect for any night of the week.

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## **Servings: 4**

**• Prep Time: 10 minutes**

**• Cook Time: 20 minutes**

**Total Time: 30 minutes**

### **• INGREDIENTS**

- 4 salmon fillets (6 ounces each, skinless or skin-on)
- 2 tablespoons olive oil (divided)
- 2 tablespoon unsalted butter
- 2 cloves garlic (minced)
- 1 small shallot (finely chopped)
- 8 ounces cremini or white mushrooms (sliced)
- 5 ounces fresh baby spinach (about 5 cups)
- 1 cup heavy cream
- 1/2 cup chicken or vegetable broth
- 1/2 cup grated Parmesan cheese
- 1 teaspoon Dijon mustard
- 1 teaspoon red pepper flakes (optional)
- Juice of 1/2 lemon
- Salt and black pepper (to taste)

# Instructions

## 1. Cook the salmon:

- Pat salmon dry with paper towels, season with salt and black pepper.
- Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- Sear salmon 3–4 minutes per side, until golden and nearly cooked through. Remove to a plate and cover lightly.

## 2. Sauté mushrooms:

- In the same skillet, add remaining 1 tablespoon olive oil and butter.
- Add mushrooms and cook 5–6 minutes until they release their juices and turn golden brown.
- Stir in shallot and cook 2 minutes. Add garlic and cook 30 seconds more.

## 3. Make the creamy sauce:

- Pour in chicken broth, scraping up browned bits. Simmer 2 minutes.
- Stir in cream, Parmesan, Dijon mustard, and red pepper flakes. Cook 3–4 minutes until slightly thickened.

## 4. Add spinach:

- Stir in spinach and let wilt, about 1–2 minutes.
- Add lemon juice and adjust seasoning with

salt and pepper.

**5. Finish with salmon:**

- Return salmon fillets to the skillet, spooning sauce over them.
- Simmer gently 2–3 minutes until salmon is cooked through. ENJOY!!!