

# 30 minute Tuscan Salmon Pasta

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Rich and creamy this Tuscan salmon pasta is full of robust flavors, that can be on your table in less than 30 minutes, but your family and friends will think it took hours.

When I find it difficult to come up with a meal everyone will like, I turn to pasta. It's easy, quick, delicious, inexpensive and WHO doesn't love pasta??? Pasta is delicious plain and simple, Think olive oil, garlic, parmesan and some herbs, add some fresh salmon and you have a guaranteed crowd pleaser!!!!That's all it takes, adding salmon to pasta to make a meal that is cause for celebration.

Pasta is a weeknight superhero, it cooks quickly ,and is extremely versatile, yet can feel like a celebration, in this Tuscan salmon pasta meal. This classic recipe calls for ingredients you probably already have on hand, butter, garlic, cream, spinach which together create a creamy, saucy Italian flavored dinner. The best part it can be on your table in less than 30 minutes. This Tuscan salmon pasta recipe is quick enough for busy weeknight and family meals, but feels special enough for Saturday night dinner with friends. It's a prefect way to show off what a great "home chef" you are.

Salmon can be expensive, if you add it to pasta, it's an affordable meal you can have on your weekly menu. This recipe was inspired by my love of seafood pasta, one of my top restaurant' luxury' meals, I simplified the recipe for the" home chef".

You can also roast the salmon instead of sauteing it, If i use this method and I often do for a hands- free option, I use my toaster oven, instead of heating up my large oven to roast



small amounts of fish.

I don't drink alcohol, so I give you options in all my recipes to use wine or stock, use whatever fits your lifestyle and taste. In some recipes I do use wine, Am okay with that, if your not use stock.

When cooking pasta salt the water. The water should be boiling rapidly before dropping in the pasta. I used linguine, you can use any shape pasta or flavor pasta you like.

It's also easier if the pasta water pan is on the back burner and the saute pan on the front one. I like this 8 quart stock pot for pasta and soups.

Use a large enough saute pan so you don't crowd the fish, if



your sauteing the salmon.

The whole idea behind food and creating recipes is to experiment and have fun doing it...!!!! If you like salmon recipes try my Quick and easy creamy salmon piccata or air fryer salmon skewer Italian spiedini.

If you make this recipe let me know your experience, comments, feedback whatever you feel like talking about.

That's my favorite part and don't forget to tag me on Instagram.....

**Ingredients serves 4**

1/2 lb. your favorite pasta shape

1 lb. salmon fillet

4 cups chopped spinach

1 tablespoons minced garlic

1 cup heavy whipping cream

1 cup chicken stock or white wine

2 Tbs. chopped garlic

1/2 cup chopped onion

1 cup chopped sun dried tomatoes

1 Tbs. each chopped Italian parsley, basil, and thyme

2 Tbs. each olive oil and butter

### Instruction

Cook pasta according to package directions. Reserve 1 cup of the water before draining

Mean while cut salmon into large cubes, salt and pepper to taste

Heat oil and butter in a saute pan over medium high heat Sauté salmon about 3-4 minutes remove and set aside

In the same pan add the onion and garlic cook until soft and translucent

De glaze pan with chicken stock or white wine

Add heavy whipping cream, and reserved pasta water and sun dried tomatoes.

Simmer until the sauce thickens about 10 minutes

Add the spinach, and herbs, simmer 5 minutes longer. Return salmon to pan just to heat through

Drain pasta and toss in the salmon sauce

Top with additional Italian parsley Salt and pepper to taste  
ENJOY!!!!