

Garlic butter salmon with spinach and mushrooms in cream sauce

Easy recipes (Instagram)

2 servings

2 (6-ounce) salmon fillets, skin on or off
2 tablespoons olive oil, divided
2 cloves garlic, minced
8 ounces mushrooms, sliced
5 ounces fresh spinach
½ - ¾ cup heavy cream
¼ cup white wine (or white vermouth)
2 tablespoons lemon juice
2 tablespoons chopped fresh parsley or chives
Salt and pepper to taste
Olive oil, butter for cooking



Photograph Instagram

Salmon

1. Prepare the salmon by patting it dry with paper towels. Season with salt and pepper.
2. Heat 1 tablespoon olive oil in a skillet over medium-high heat.
3. Place the salmon fillets in the skillet, skin-side down.
4. Sear for 3-4 minutes per side, or until golden brown and cooked through. The internal temperature should reach 145 degree F.
5. Remove the salmon from the skillet and set aside.

Vegetables

6. In the same skillet, add the sliced mushrooms and cook for 5-7 minutes, or until softened and browned. After the moisture has evaporated, add butter or olive oil to grill them.
7. Add the minced garlic and cook for another minute until fragrant.
8. Set aside.
9. Add the fresh spinach to the skillet and cook until wilted, about 2-3 minutes.

Sauce

10. In the same skillet, pour in the white wine (or white vermouth) and lemon juice, scraping up any browned bits from the bottom.
11. Stir in the heavy cream and bring to a simmer.
12. Cook for 2-3 minutes, or until the sauce has thickened slightly
13. Stir in the chopped fresh parsley.
14. Season with salt and pepper to taste
15. Add mushrooms and spinach and cook together for 1-2 minutes
16. Spoon the cream sauce, mushrooms, and spinach on the plate and set salmon on top with a little sauce. Serve immediately