

## Tuscan Butter Salmon

by [LAUREN MIYASHIRO](#)

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SAVE 

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**YIELDS:** 4 SERVINGS

**PREP TIME:** 0 HOURS 10 MINS

**TOTAL TIME:** 0 HOURS 45 MINS

### INGREDIENTS

2 tbsp. extra-virgin olive oil  
4 (6-oz) salmon fillets, patted dry with paper towels  
Kosher salt  
Freshly ground black pepper  
3 tbsp. butter  
3 cloves garlic, minced  
1 1/2 c. halved cherry tomatoes  
2 c. baby spinach  
1/2 c. heavy cream  
1/4 c. freshly grated Parmesan  
1/4 c. chopped herbs (such as basil and parsley), plus more for garnish  
Lemon wedges, for serving (optional)

### DIRECTIONS

- 1** In a large skillet over medium-high heat, heat oil. Season salmon all over with salt and pepper. When oil is shimmering but not smoking, add salmon skin side up and cook until deeply golden, about 6 minutes. Flip over and cook 2 minutes more. Transfer to a plate.
- 2** Reduce heat to medium and add butter. When butter has melted, stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst, then add spinach. Cook until spinach is beginning to wilt.
- 3** Stir in heavy cream, Parmesan, and herbs and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes.
- 4** Return salmon back to skillet and spoon over sauce. Simmer until salmon is cooked through, about 3 minutes more.
- 5** Garnish with more herbs and squeeze lemon on top before serving.

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Lauren Miyashiro is the Food Director for Delish.com.

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