

HIGH-PROTEIN MEALS

Creamy Tuscan *Salmon*

Creamy Tuscan salmon, 43 g protein.

29 min | Serves 2 | 784 kcal per serving

High-protein | Gluten-free | Low-carb

10 min	18 min	29 min	Easy
PREP	COOK	TOTAL	LEVEL

YOU'LL NEED

- Large skillet (30 cm / 12 in), cast-iron or stainless
- Tongs or a fish spatula
- Knife and cutting board
- Box grater or fine grater
- Paper towels
- A clean plate for the seared salmon

NUTRITION PER SERVING — ESTIMATED

784	43g	11g	64g
KCAL	PROTEIN	CARBS	FAT

Estimated: the sum of USDA FoodData Central values for each ingredient (salmon weighed raw, skin on), divided by 2 servings.

Ingredients FOR 2 SERVINGS

	INGREDIENT	METRIC	IMPERIAL	NOTE
☐	Salmon fillets, skin-on, raw	**340 g**	**12 oz**	2 fillets, about 170 g / 6 oz each; pat very dry before searing
☐	Olive oil (for searing)	**15 ml**	**1 tbsp**	13.5 g
☐	Butter, salted	**14 g**	**1 tbsp**	
☐	Garlic, minced	**3 cloves (9 g)**	**3 cloves (0.3 oz)**	
☐	Sun-dried tomatoes, packed in oil, drained and chopped	**50 g**	**1.8 oz**	about ½ cup chopped; drain off the oil
☐	Heavy whipping cream	**120 ml**	**4 fl oz**	½ cup (119 g)
☐	Parmesan, finely grated from a block	**25 g**	**0.9 oz**	about ¼ cup finely grated

	INGREDIENT	METRIC	IMPERIAL	NOTE
☐	Fresh spinach	60 g	2.1 oz	about 2 cups, lightly packed (two big handfuls)
☐	Fresh basil, torn	5 g	0.2 oz	a small handful of leaves, torn by hand to finish
☐	Black pepper, freshly ground	1 g	½ tsp	
☐	Fine salt	1.5 g	¼ tsp	to season the salmon

Method

9 STEPS · 29 MIN

1

STEP 1 · Prep the add-ins

First, before you touch the raw fish: mince the garlic, chop the drained sun-dried tomatoes, grate the parmesan and tear the basil. Set each one in its own small bowl.

Knife and cutting board, box grater · 7 min



2

STEP 2 · Season the salmon

Pat the salmon fillets very dry with paper towels and season both sides with the salt and pepper. Then wash your hands, the knife and the board with hot soapy water before anything else.

Paper towels · 3 min



3

STEP 3 · Sear the salmon

Heat the olive oil in a large skillet over **medium-high heat** until it shimmers, about **2 minutes**. Lay the fillets in skin-side down and sear without moving them, **4 minutes**, until the skin is crisp, then flip and cook **2 minutes** more. Lift them onto a clean plate (not the one that held them raw), then wash the tongs and any fish spatula in hot soapy water, or set out clean ones, before they touch the cooked salmon again.

Medium-high · Large skillet, tongs · 8 min



4

STEP 4 · Start the sauce

Turn the heat down to medium. Add the butter and the garlic to the same skillet and stir for **1 minute**, until fragrant, then pour in the cream and bring it to a gentle simmer.

Medium · Large skillet · 3 min



5

STEP 5 · **Add the tomatoes**

Stir in the chopped sun-dried tomatoes and let the sauce simmer for **1 minute**.

Medium · Large skillet · 1 min



6

STEP 6 · **Melt the parmesan**

Stir in the grated parmesan and keep stirring until the sauce is smooth and glossy, about **1 minute**.

Medium · Large skillet · 1 min



7

STEP 7 · **Wilt the spinach**

Add the spinach a handful at a time and stir until it just wilts into the sauce, **1–2 minutes**.

Medium · Large skillet · 2 min



8

STEP 8 · **Finish the salmon**

Nestle the salmon back into the sauce, skin-side up, spoon the sauce over the fillets and simmer gently for **2–3 minutes**, until the salmon flakes easily and reaches a safe **63 °C** / **145 °F** in the thickest part.

Medium · Large skillet, spoon · 3 min



9

STEP 9 · **Serve**

Scatter the torn basil over the top and serve straight away, spooning plenty of the sauce over each fillet.

2 plates · 1 min



Good to know

FOOD SAFETY

- Salmon: cook until the flesh is opaque and flakes easily with a fork, to a safe minimum internal temperature of **63 °C** / **145 °F** (FDA, Safe Food Handling).
- Raw fish: wash your hands, the knife, the board and the tongs (or fish spatula) with hot soapy water after they touch the raw salmon, and never put the cooked salmon back on the plate that held it raw (FDA, Safe Food Handling).
- Leftovers: refrigerate within **2 hours (1 hour above 32 °C / 90 °F)** at **4 °C** / **40 °F** or below, eat within 3 days, and reheat until steaming hot, **74 °C** / **165 °F**, bringing the sauce to a boil (FDA, Safe Food Handling; University of Nebraska–Lincoln Extension, Leftover Food Safety).

ALLERGENS

Contains: Fish, Milk.

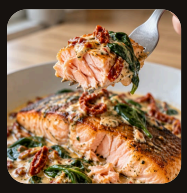
Check the labels of what you buy: brands differ.

STORAGE

Best eaten straight away. Refrigerate leftovers within 2 hours of cooking (1 hour if the kitchen is above 32 °C / 90 °F) in a closed container at 4 °C / 40 °F or below and eat them within 3 days; reheat gently until steaming hot, 74 °C / 165 °F, bringing the cream sauce to a boil (the sauce may look split when reheated; stir to bring it back).

TIPS

- Pat the salmon really dry and don't move it while the skin crisps: dry fish in a hot pan sears instead of steaming.
- The salmon finishes cooking in the sauce, so pull it from the first sear while the centre is still a little underdone.
- Too thick? Loosen the sauce with a splash of water or stock. Too thin? Let it bubble a minute longer before the salmon goes back in.



ENJOY

Save this for your next high-protein dinner

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Nutrition values are estimates from standard reference data, not lab measurements.