

Helergon Kitchen

Baked Stuffed Salmon with Spinach & Feta

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 4 cups fresh baby spinach
- [ ] 1 cup crumbled feta cheese
- [ ] 1 lemon, zest only
- [ ] 2 tbsp olive oil
- [ ] Salt and freshly cracked black pepper to taste

Optional Garnish

- [ ] Fresh dill, chopped
- [ ] Lemon wedges

Instructions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment.
2. In a skillet, heat 1 tbsp olive oil over medium heat, add spinach, and sauté until just wilted, about 2 minutes; remove from heat and let cool slightly.
3. Stir the crumbled feta and lemon zest into the spinach, seasoning with a pinch of salt and pepper.
4. Place each salmon fillet skin-side down, cut a gentle slit down the thickest side to create a pocket, being careful not to cut all the way through.
5. Stuff each pocket with an even spoonful of the spinach-feta mixture, then brush the tops with the remaining olive oil and season lightly.
6. Arrange the fillets on the prepared sheet and bake for 20-25 minutes, until the salmon flakes easily with a fork.
7. Remove from the oven, let rest 5 minutes, then garnish with fresh dill and a squeeze of lemon if desired.

Nutrition per serving

380 kcal	38 g	4 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Avoid over-stuffing; a moderate amount keeps the filing intact.
- If the fillet is very thick, add a couple of extra minutes to ensure it cooks through.
- For a smoky hint, sprinkle a pinch of smoked paprika before baking.