

Helergon Kitchen

Creamy Salmon Spinach Pasta – Ready in 25 Minutes

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

Ingredients

Main Ingredients

- [ ] 12 oz salmon fillet, cut into bite-size pieces
- [ ] 8 oz whole-wheat pasta (penne or fusilli)
- [ ] 3 cups baby spinach leaves
- [ ] 1 cup heavy cream or half-and-half
- [ ] 2 tbsp butter
- [ ] 1 clove garlic, minced
- [ ] Zest of 1 lemon
- [ ] 1/3 cup grated Parmesan cheese
- [ ] Salt and freshly ground black pepper to taste

Optional Garnish

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

Instructions

1. Bring a large pot of salted water to a boil; cook the pasta al dente according to package directions. Reserve 1 cup of cooking water before draining.
2. While the pasta cooks, heat butter in a large skillet over medium heat. Add minced garlic and sauté for 30 seconds until fragrant.
3. Add the salmon pieces, season with a pinch of salt and pepper, and sear for about 2-3 minutes per side until lightly golden but still soft inside.
4. Reduce heat to low; pour in the cream, stirring gently. Let it simmer for 2 minutes, then stir in the lemon zest and Parmesan until the sauce thickens slightly.
5. Add the spinach to the skillet; toss until just wilted, about 1 minute. If the sauce is too thick, add a splash of reserved pasta water.
6. Combine the cooked pasta with the sauce, tossing to coat evenly. Adjust seasoning with extra salt, pepper, or a drizzle of olive oil if desired.
7. Plate the pasta, garnish with fresh dill and a lemon wedge. Serve immediately while warm.

Nutrition per serving

480 kcal	28 g	45 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra boost of flavor, stir in a teaspoon of Dijon mustard with the cream.
- If you prefer a lighter version, use half the cream and replace the rest with low-fat milk.
- A pinch of nutmeg can add a warm undertone that pairs beautifully with the salmon.