

The Best Marry Me Salmon Recipe

Creamy Sun-Dried Tomato, One Pan, 25 Minutes

SERVES 4	PREP TIME 5 min	COOK TIME 20 min	TOTAL TIME 25 min	PAN 12-in Skillet
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INGREDIENTS

For the salmon

- 4 salmon fillets, about 6 oz each
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 tbsp olive oil (or sun-dried tomato jar oil)

For the sauce

- 4 cloves garlic, minced
- 1/2 cup sun-dried tomatoes in oil, chopped
- 1 cup heavy cream
- 1/2 cup chicken or vegetable broth
- 1/2 cup parmesan, freshly grated
- 1 tsp Italian seasoning
- 1/2 tsp red pepper flakes (optional)
- Salt and black pepper to taste
- Fresh basil for garnish

SUBSTITUTIONS

No heavy cream: half-and-half works but simmer longer and do not boil hard. Dairy-free: use full-fat coconut cream and 1 tbsp nutritional yeast in place of parmesan. Dry-packed sun-dried tomatoes: soak in warm water 10 minutes, add 1 tbsp olive oil to pan.

STORAGE

Refrigerate in an airtight container up to 2 days. Reheat in a covered skillet on low with a splash of broth to loosen the sauce. Do not freeze -- cream sauce separates.

INSTRUCTIONS

1. Season the salmon.

Pat fillets completely dry. Mix garlic powder, smoked paprika, salt, and pepper. Press firmly onto both sides of each fillet.

2. Sear the salmon.

Heat oil in skillet over medium-high until shimmering. Place fillets presentation-side down. Cook 3 to 4 minutes without moving until a golden crust forms and fish releases cleanly. Flip, cook 2 minutes more. Transfer to a plate.

3. Build the sauce base.

Reduce heat to medium. Add garlic to the residual oil and drippings. Stir 30 to 45 seconds until fragrant. Add sun-dried tomatoes and stir to combine.

4. Add cream and broth.

Pour in heavy cream and broth. Stir to lift browned bits from the pan. Bring to a gentle simmer and cook uncovered 2 to 3 minutes until sauce begins to thicken.

5. Finish with parmesan.

Reduce heat to low. Add parmesan and stir until melted and smooth. Add Italian seasoning and red pepper flakes. Taste and adjust salt.

6. Finish the salmon.

Nestle fillets back into the sauce. Spoon sauce over each fillet. Cover and cook on low 3 to 4 minutes until salmon flakes easily and center is opaque throughout. Garnish with fresh basil and serve immediately.

TIPS

- Pat fish completely dry before seasoning -- surface moisture prevents a proper sear.
- Pull salmon off heat before fully done. It finishes cooking in the sauce.
- Use the oil from the sun-dried tomato jar. It carries herb and tomato flavor into the crust.
- Parmesan goes in last, on low heat. High heat causes it to seize and clump.

SERVE WITH

Linguine or fettuccine, white rice, or crusty bread. Roasted asparagus, blistered green beans, or a green salad with lemon vinaigrette.