

Creamy Garlic Salmon Pasta



Indulge in this creamy and flavorful Italian dish made with tender salmon, al dente pasta, and a rich garlic and cheese sauce.

Main Dish

Italian

30 min

Total time

Intermediate

Difficulty

650

kcal / serving

Ingredients

- ☐ 150g pasta
- ☐ 150g salmon fillet
- ☐ 2 cloves garlic, minced
- ☐ 1 small onion, finely chopped
- ☐ 50g grated Parmesan cheese
- ☐ 150ml heavy cream
- ☐ 2 tablespoons butter
- ☐ Salt and pepper to taste

Steps

- 1 Cook the pasta according to package instructions until al dente. Drain and set aside.
- 2 Season the salmon with salt and pepper. In a large skillet, melt the butter over medium heat. Add the salmon fillet and cook for 4-5 minutes on each side, or until cooked through. Remove the salmon from the skillet and set aside.
- 3 In the same skillet, add the minced garlic and chopped onion. Cook until softened and fragrant.
- 4 Pour in the heavy cream and bring to a simmer. Stir in the grated Parmesan cheese until melted and smooth.
- 5 Flake the cooked salmon into small pieces and add it to the sauce. Stir gently to combine.
- 6 Add the cooked pasta to the skillet and toss to coat it evenly with the sauce.
- 7 Season with salt and pepper to taste. Serve hot and garnish with additional grated Parmesan cheese, if desired.