

PAN SEARED SALMON IN GARLIC MASCARPONE SAUCE

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COOK TIME: 20mins

SERVES: 4

CALORIES: 590 kcal (PER SERVING)

INGREDIENTS

4 salmon fillets, skin removed
110 g (4 oz) sun-dried tomatoes, drained, oil reserved
1 small jar (280 g/ 10 oz) roasted bell peppers, excess oil drained
1 shallot, finely chopped
4 garlic cloves, minced
100 g (3.7 oz) mascarpone
40 g (1.4 oz) grated parmesan
200 ml (3/4 cup) cream 20%, or whole milk
1 tbsp lemon juice
1 tsp sweet paprika
salt + black pepper
20 basil leaves
2 tbsp chopped chives, for serving
4 tbsp chopped almonds, for serving
1 tsp red pepper flakes, for serving

DIRECTIONS

Pat the salmon fillets dry with a paper towel and season all over with salt, pepper and sweet paprika. Heat 3 tbsp oil from the sun-dried tomatoes in a large non-stick frying pan over medium high heat. Add to the salmon filets and sear, about 3-4 minutes on each side. Remove from the pan and set aside.

In the same skillet, add shallot, cook over low heat until softened, about 2 minutes. Scrape up the brown bits on the bottom of the skillet with a wooden spoon. Add garlic, cook until fragrant, for 1 minute. Add sun-dried tomatoes and roasted bell peppers, cook for 2 minutes. Season with salt and pepper.

Pour the cream. Once the sauce starts to boil, add mascarpone and stir until dissolved. Add parmesan and stir. Nestle salmon in the sauce. Sprinkle with lemon juice and simmer for 3 more minutes or until the salmon is just cooked through and the sauce is slightly thickened. Remove from heat. Stir in the basil leaves and serve.

Top with chopped chives, almonds and chili flakes. Enjoy!

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