

ONE-PAN CREAMY TOMATO SALMON WITH CHORIZO

SERVINGDUMPLINGS.COM

COOK TIME: 30mins

SERVES: 4

CALORIES: 529 kcal (PER SERVING)

INGREDIENTS

4 salmon fillets, skin removed
100 g/3.5 ounce spicy Spanish chorizo sausage,
finely chopped
3 tbsp olive oil
4 garlic cloves, minced
1 shallot, finely chopped
250 ml/1 cup puréed tomatoes
200 ml/3/4 cup cream 20% fat
40 g/1.5 ounce grated Parmesan
120 g/4.5 ounce semi sun-dried tomatoes
1 tsp chili flakes
2 tbsp freshly chopped oregano
salt + black pepper

DIRECTIONS

Heat the oil in a large non-stick frying pan over high heat. Add the chorizo and cook, stirring frequently, for 3-4 minutes or until golden and crispy. Remove, leaving the oil in the pan and set aside.

Pat the salmon fillets dry with a paper towel and season all over with salt and pepper. Add to the same pan and sear, about 3-4 minutes on each side. Remove from the pan and set aside.

In the same skillet, add shallot and garlic, cook until softened, about 2 minutes. Add tomato sauce and bring to a simmer, allow to cook for 5 minutes.

Stir in cream, parmesan, oregano and sun-dried tomatoes, simmer for about 3 minutes. Season with salt, pepper and chili flakes. Add salmon back into the skillet. Allow to cook for 3 more minutes or until the salmon is just cooked through and the sauce is slightly thickened.

Serve topped with fresh oregano and crispy chorizo. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.