

# SALMON ALL'ARRABBIATA

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COOK TIME: 30mins

SERVES: 4

CALORIES: 667 kcal (PER SERVING)

## INGREDIENTS

1 tbsp olive oil  
1 tbsp unsalted butter  
4 salmon fillets, skin removed  
4 garlic cloves, minced  
1 small onion, finely chopped  
2 tsp each: salt, black pepper  
1 tsp each: dried oregano, dried sage,  
sweet paprika,  
1 tsp chopped fresh chili, or  
sambal oelek, more to taste  
1 anchovy, in oil  
3 tbsp double-concentrate tomato paste  
¼ cup/50 ml chicken broth  
1 cups/400 ml crushed tomatoes  
100 g/3.5 oz spinach  
40 g/1.5 oz grated Parmesan  
2 tbsp chopped parsley  
crushed red pepper flakes, for serving

## DIRECTIONS

Get all the prep done before you start cooking: finely chop the onion and mince the garlic.

Pat the salmon fillets dry with a paper towel, season both sides with 1 tsp salt and black pepper.

Heat oil and butter in a large nonstick skillet over medium heat. Add salmon and sear, about 3-4 minutes on each side.

Remove from the skillet and set aside.

Reduce heat to low. Add onion and garlic, cook for 2 minutes, or until soft and fragrant. Stir in anchovy, red chili, the remaining salt and pepper, oregano, sage and paprika. Add tomato paste, stir to incorporate, about 1 minute. Deglaze with chicken broth, simmer for 2 minutes, stirring with a wooden spoon while scraping up the brown bits on the bottom of the skillet.

Pour in crushed tomatoes, simmer for 5 minutes.

Add spinach and simmer until slightly wilted, about 2 minutes. Stir in grated Parmesan and transfer salmon back to the skillet.

Allow to cook for 3 more minutes or until the salmon is just cooked through.

Serve topped with red pepper flakes, freshly ground black pepper and chopped parsley. Enjoy!

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