AMERICAN · DINNER

Tuscan Salmon with Spinach and Sun-Dried Tomatoes

30 min · Serves 4 · 643 kcal a serve · Video 5:55 · Natashas Kitchen

Pescatarian · Gluten-free ingredients · Nut-free

Salmon gives about 40 g protein and a good dose of omega-3 fats per serve, and the spinach adds greens, all for about 5 g net carbs.

Diet notes: Keto (5 g net carbs a serve).

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Ingredients 12 · SERVES 4

- [ ] 4 **skinless salmon fillets** (1 1/2–2 lb raw)
- [ ] 1/2 tsp **fine sea salt**, plus more to taste
- [ ] 1/2 tsp **freshly ground black pepper**
- [ ] 1/2 tsp **garlic powder**
- [ ] 1 tbsp **olive oil**
- [ ] 1 tbsp **unsalted butter**
- [ ] 1/3 cup **oil-packed sun-dried tomatoes**, drained and chopped
- [ ] 1/4 cup chopped **green onion** (green parts), plus extra to serve
- [ ] 3 **garlic** cloves, minced
- [ ] 1 cup **heavy whipping cream**
- [ ] 1/4 cup finely shredded **parmesan**
- [ ] 2 cups **fresh baby spinach**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Fish, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Drain and chop the sun-dried tomatoes, chop the green onion and mince the garlic so everything is ready before you start cooking. 0:19
2. Season the salmon on both sides with the salt, pepper and garlic powder. 1:06
3. Melt the oil and butter in a large stainless (non-reactive) skillet over medium heat. Sear the salmon 3–5 minutes per side until just cooked through (145°F in the centre), then move it to a plate and cover loosely with foil. 1:27
4. In the same pan, stir the sun-dried tomatoes, garlic and green onion for about 1 minute until fragrant. 2:30
5. Pour in the cream, sprinkle in the parmesan and bring to a gentle boil, then simmer for about a minute until slightly thickened. 2:43
6. Stir in the spinach just until wilted and season to taste. Turn off the heat, return the salmon to the pan, spoon the sauce over and finish with extra green onion. 3:04

> **Tip** Serve with steamed greens or cauliflower mash instead of rice or pasta to keep it keto. Best eaten fresh; the sauce can split if reheated too hot.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
643 kcal 2,690 kJ	**40** g 80% of a day	**6.2** g 5 g net · 3.5 g sugars 2% of a day	**1.2** g 4% of a day	**51** g 21 g saturated 65% of a day	**640** mg 28% of a day

Energy from net carbs 3% · protein 25% · fat 72% — fits keto: 5 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Omega-3 244% · Vitamin B12 194% · Selenium 127% · Vitamin D 90% · Vitamin K 77% · Vitamin B6 63% · Vitamin A 51% · Vitamin E 48% · Vitamin C 25% · Folate 21% · Potassium 20%

Source of (10–19%) Magnesium 18% · Calcium 13% · Zinc 11%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=hPpj-f23pll, published 16 June 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-tuscan-salmon-spinach