**Fish – Poached Salmon in Tuscan Cream Sauce**

**Roam with Roni**

[https://roamwithroni.hebrewlion.com/](https://roamwithroni.hebrewlion.com/recipes)

Ingredients:

* 2 TBSP **olive oil**
* 4 (6 oz.) **salmon fillets**, patted dry
* **Kosher salt**, to taste
* **Black pepper**, to taste
* Optional: 3 TBSP **unsalted butter**
* 3 **cloves garlic**, finely chopped
* 1½ cups **cherry tomatoes**, halved
* 2 cups **baby spinach**
* ½ cup **heavy cream**
* ¼ + ¼ cup (divided use) of **your preferred** **herbs** (such as basil and parsley), chopped
* Optional: ¼ cup **Parmesan cheese**
* Optional: **Lemon**,sliced into wedges

Direx:

1. Warm the **olive oil** in a large skillet over **medium-high** heat.
2. Season both sides of the **salmon fillets** with **salt** and **pepper.**
3. Whenthe **olive oil** shimmers without smoking, add the **salmon**—skin side up—and sauté until deeply golden, 6 minutes.
4. Flip the **salmon** and sauté the other side for 2 minutes.
5. Transfer to a plate and set aside.
6. Reduce the heat to **medium**. Optional: Add in the **butter**.
7. Add the **garlic** and sauté until fragrant, 30 seconds to 1 minute.
8. Add the **tomatoes** and season with **salt** and **pepper**. Sauté until the **tomatoes** begin to burst, 3‑4 minutes.
9. Add the **spinach** and sauté until it begins to wilt, 1-2 minutes.
10. Reduce the heat to **low** and stir in the **heavy cream**, optional **cheese**, and ¼ cup of your preferred **herbs**.
11. Simmer the **sauce** until it slightly reduces, 3 minutes.
12. Return the **salmon** to the skillet, spooning the **sauce** over the fillets.
13. Continue the simmer until the **salmon** is cooked through, 3 minutes.
14. To serve, garnish with the remaining herbs. If desired, squeeze **lemon** over the fillets and serve with lemon wedges on the side.

Serve!