

Long Livo

Creamy Salmon Pasta With Mixed Greens

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb fresh salmon fillet, cut into 1-inch cubes
- [ ] 12 oz whole wheat pasta (penne or farfalle)
- [ ] 2 cups mixed greens (baby spinach, arugula, lettuce)
- [ ] 2 tbsp unsalted butter
- [ ] 1 tbsp olive oil

For the Sauce

- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 tbsp lemon juice
- [ ] Zest of 1 lemon
- [ ] Salt and freshly cracked black pepper to taste
- [ ] Pinch of nutmeg (optional)

Instructions

1. Bring a large pot of salted water to a boil, add the pasta and cook until al dente, about 9–11 minutes. Drain, reserving 1 cup of pasta water.
2. Meanwhile, heat butter and olive oil in a large skillet over medium-high heat. Add the salmon cubes, season with a pinch of salt, and sear until lightly golden, about 3-4 minutes. Remove salmon and set aside.
3. Reduce heat to medium, pour in the heavy cream, and stir gently. Let it simmer for 2 minutes, then whisk in Parmesan, lemon zest, and lemon juice. If the sauce thickens too much, add reserved pasta water a little at a time.
4. Return the salmon to the pan, toss in the cooked pasta, and fold in the mixed greens. Cook just until the greens wilt, about 1 minute. Season with pepper, nutmeg if using, and more salt if needed.
5. Serve immediately, sprinkling extra Parmesan and a drizzle of olive oil if desired.

Nutrition per serving

520 kcal	30 g	45 g	26 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the salmon dry before searing to get a better crust.
- Reserve pasta water early; it’s a lifesaver for adjusting sauce consistency.
- If using frozen salmon, thaw in the refrigerator overnight for best texture.