

Long Livo

Creamy Salmon Spinach Pasta in 25 Minutes

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz whole-wheat linguine
- [ ] 2 tbsp unsalted butter
- [ ] 2 cloves garlic, minced
- [ ] 1 lb salmon fillet, skin removed and cut into 1-inch pieces
- [ ] 3 cups fresh spinach, roughly chopped
- [ ] 1 cup Greek yogurt (plain, full-fat)
- [ ] 2 tbsp lemon juice
- [ ] 1/3 cup grated Parmesan cheese
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil, add the linguine and cook al dente according to package instructions. Reserve 1 cup of pasta water before draining.
2. While the pasta cooks, melt butter in a large skillet over medium heat. Add minced garlic and sauté until fragrant, about 30 seconds.
3. Add the salmon pieces, season lightly with salt and pepper, and cook for 3-4 minutes, turning once, until just opaque. Remove salmon and set aside.
4. Return the skillet to low heat, stir in lemon juice, then whisk in Greek yogurt, ensuring the pan is off the direct heat to avoid curdling. Thin the sauce with reserved pasta water until glossy.
5. Add the cooked linguine, spinach, and salmon back to the skillet. Toss gently until spinach wilts and everything is evenly coated. Finish with grated Parmesan and a final drizzle of olive oil if desired.
6. Serve immediately, garnished with a sprinkle of fresh dill or extra Parmesan.

Nutrition per serving

420 kcal	30 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a little more pasta water to loosen it.
- Taste and adjust seasoning before adding the final cheese.
- For a richer flavor, brown the butter slightly before adding garlic.