

Blackened Salmon with Florentine Sauce (seafood)

Prep: 15 mins. Cook time: 15 mins. Serves 4-6

Ingredients

Blackened Seasoning

2 T. paprika
1 tsp. brown sugar
1 tsp. kosher salt
3/4 tsp. onion powder
1 T. garlic powder
3/4 tsp. cayenne pepper
1 T. dried oregano
1 T. dried thyme

Salmon

4 6 oz. salmon fillets, skin on
1/3 c. butter, melted
1 lemon

Florentine Sauce

1 T. butter
1 onion, finely chopped
2 cloves of garlic, minced
1/2 c. chicken broth
1 c. heavy cream
1/2 c. grated Parmesan cheese
4 c. fresh spinach
Pinch of nutmeg
1/4 c. red pepper flakes, optional
salt and pepper, to taste



Instructions

1. Blackened seasoning: In a small bowl, mix all the spices: paprika, brown sugar, salt, onion powder, garlic powder, cayenne, thyme and oregano.

2. Salmon: Place salmon on a plate with the flesh side up, pat dry.
In a separate bowl, melt the butter and brush over the salmon fillets, then generously sprinkle the flesh side of the salmon with the spice mixture and lightly pat it down.
Let salmon rest for 5 mins.

3. Heat a cast iron skillet (or a heavy-bottom pan) over a medium heat. Add remaining butter and a squeeze of lemon juice to the skillet.
Once skillet is hot, add the salmon with seasoned side down directly to the skillet.
When the fish starts to sear, bring the heat down to medium/low and continue cooking

for about 4 minutes, then flip the salmon over and continue cooking for 4-6 minutes depending on the thickness.

*Watch salmon closely so that it does not overcook.

Salmon should still be pink and flaky. when it is completely done cooking.

Remove salmon from the skillet and set aside.

4. Florentine Sauce: In the same skillet, over a medium heat, add butter and the onion and sauté' until soft.

Add in the garlic and cook for 1 minute.

Pour in the chicken broth and bring to a simmer.

Stir in the heavy cream and Parmesan cheese, continue cooking until the sauce slightly thickens.

5. Add the spinach and cook until it is wilted.

Season with salt, pepper, red pepper and nutmeg if desired.

Return the salmon to the pan, spoon the sauce over the filets and simmer for about 2 minutes.

Serve immediately while salmon is hot.