

Easy Salmon Recipe with Creamy White Wine Sauce

Tender, fall-apart pan-fried salmon in rich, creamy, white wine and garlic sauce. All cooked in one pan, this dish has a few little extras to make the sauce over-the-top tasty.

Ingredients:

1 tbsp vegetable oil
2 salmon fillets - boneless, skin-on
1 clove garlic - peeled and minced
¼ cup white wine
¼ cup strong chicken stock - (I use 1 stock cube crumbled into ¼ cup hot water)

¾ cup heavy cream
¼ tsp salt
¼ tsp pepper
3 tbsp grated parmesan
zest of 1 lemon

Directions:

Heat the oil over a high heat in a frying pan (skillet).

Add the salmon, skin-side down and cook for 2 minutes.

Turn the salmon and cook for a further 2 minutes, until lightly browned, then turn back over so it's skin-side down again.

Turn the heat down to medium and add the garlic, stir for 30 seconds (no longer or the garlic may burn), then add in the white wine.

Bring to the boil and allow to bubble for a minute, then add in the chicken stock. Allow to bubble for a further minute.

Add in the cream, salt, pepper and parmesan and bring back to the boil. Simmer gently for a further 3-4 minutes until slightly thickened.

Stir in the lemon zest then serve the salmon topped with a sprinkling of fresh parsley.

Side dish ideas are steamed or roasted baby new potatoes and broccoli.

