# Pan-Seared Salmon with Creamed Spinach & Roasted Potatoes

*From the blog For Love of the Table*

*For 1 person (see notes):*
1/3 lb. medium-sized Yukon Gold (or similar) potatoes
Olive oil
Salt & pepper
1 1/2 to 2 t. butter
1 small or half a medium shallot (about 3/4 oz.), trimmed and peeled
3 oz. (weighed after tough stems have been removed) young spinach
1 filet (4 to 6 oz.) salmon, skinned or not (as you prefer)
1/4 c. heavy cream
Freshly squeezed lemon juice

Preheat the oven to 425° to 450°. Wash and scrub the potatoes. Slice 1/3-inch thick and toss with enough olive oil to coat (about a tablespoon). Season with salt and pepper and spread in a single layer on a small baking sheet or in a small baking dish. When the oven is hot, put the potatoes in the oven. Roast until golden and tender—about 20 to 25 minutes.

Melt the butter in a small sauté pan over moderate heat. While the butter melts, slice the shallot thinly. When the butter has melted, add the shallot to the pan along with a pinch of salt. Cook the shallot at a gentle sizzle until it is tender and beginning to caramelize a little at the edges.

While the shallot is cooking, cut the spinach into rough 1/2-inch ribbons. When the shallots are tender, add the spinach to the pan a handful at a time, turning each handful to coat with the butter and shallots and adding the next handful as the previous begins to collapse. When all the spinach has collapsed, season with salt and continue to cook until tender and any excess water has evaporated. Set aside and keep warm.

When the potatoes have about 10 minutes left to roast, heat a small cast iron, French steel or other non-stick sauté pan that is just large enough to accommodate the fish over medium-high heat. While the pan is heating, season the fish on both sides with salt & pepper. Film the pan with oil. When the oil is very hot, add the fish to the pan, service side (see notes) down. Cook until golden brown and crisp—2 or 3 minutes. Carefully flip the fish over and continue to cook until the fish is barely opaque in the center—another 3 to 5 minutes or so (you will need to reduce the heat—or, simply transfer the pan to the oven).

While the fish finishes cooking, return the spinach to the heat and add the cream. Bring to a simmer and cook until the cream is bubbling throughout and has thickened very slightly. Taste and correct the seasoning.

Remove the potatoes and fish from the oven. Arrange the potatoes on a plate. Spoon the spinach onto the plate in the center of the potatoes. Top with the salmon. Give the fish a squeeze of lemon (about a half teaspoon). Serve right away.

***Notes:***

- This dish can obviously be multiplied to feed as many as you like. Simply increase the pan sizes accordingly. Also, when you cook large quantities of spinach it takes longer to cook off the liquid. If the liquid persists, you may simply pour it off before adding the cream. A larger quantity of cream will also take a bit longer to reduce.
- The “service side” of a piece of fish is the side that will be facing you when you put it on the plate. If the filet is skinless it will be the side that was on the interior of the fish (or the side that never had any skin). If you left the skin on your filet, this will be the side with the skin. The side that is sautéed first will look the nicest and is thus the “service side.”

http://www.forloveofthetable.com/2019/12/dinner-in-under-30-minutespan-seared.html

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