

Salmon Petrale

*Owner/Chef Joseph Massaglia
Mama Mia's*

Nutritional Facts:

Serving Size: 2

Calories: 625

Protein: 62

Fat: 36

Sodium: 752

Ingredients:

2 pieces of 8" salmon fillet

4 oz crab meat

4 oz baby shrimps

1 bag of baby spinach

3 garlic cloves

1 red pepper

olive oil

salt & pepper

parmesan cheese

lemon juice

hot red pepper flakes



Directions:

Mix crab meat and shrimp together. Cut open each side of salmon and stuff with mixture and close. Bring 4 oz of olive oil to a sizzle in a 12 inch pan. Dust salmon with flour and place in the sautéed pan for one minute on each side. Place salmon in oven at 400 degrees for 15 minutes. Sauté baby spinach in pan with olive oil, 3 cloves of chopped garlic, a bit of hot red pepper flakes, and red pepper, cut in small strips. Let it cool for about 5 minutes. Season with salt and pepper and a few sprinkles of parmesan cheese, if desired. Place spinach on plate and top it with salmon. Squeeze a bit of lemon.