

# Salmon with Creamy Alfredo Zoodles

Recipe By *Joodie the Foodie*



Cooking and Prep:  55  
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Serves:  4

Contains:   

Preference: Parve

Difficulty: Medium

Occasion: Passover, Nine

Days

Diet: Pescetarian

## Ingredients (22)

### For the Salmon

- 2 pounds salmon fillet, cubed
- 1 tablespoon Smart Balance
- 1 tablespoon **Bartenura Olive Oil**
- onion powder, for sprinkling
- garlic powder, for seasoning
- thyme, for seasoning

- Tuscanini Sea Salt, for seasoning
  - freshly cracked Gefen Black Pepper, for seasoning
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## Zoodles and Sauce

- 1 large onion, diced
  - 8 ounces mixed mushrooms, sliced
  - 3 large cloves garlic, minced or 3 cubes Gefen Frozen Garlic
  - 1/4 cup sherry wine vinegar
  - 2 tablespoons flour (if making this dish on Passover just substitute tapioca flour [starch])
  - 1 cup heavy cream
  - 1 cup water
  - 10 frozen spinach balls
  - 1/2 tablespoon salt
  - 1 large butternut squash, spiralized
  - 2 large zucchini, spiralized
  - 1/4 cup feta cheese
  - freshly cracked Gefen Black Pepper
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## Sommelier Suggests

- Hagafen Chardonnay
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## Start Cooking

### Salmon with Creamy Alfredo Zoodles

1. In a large sauté pan heat up the olive oil and butter. Add in the salmon cubes and cook for around 5–7 minutes until cooked through. Remove to a plate.
- 2.

In the same pan add in the onions and sauté until golden. Add in the mushrooms and garlic and sauté until the juice evaporates. Add in the sherry and reduce.

3. If substituting tapioca flour for wheat flour, create a slurry so it won't clump in the mixture. Mix together the tapioca flour with 2 tablespoons of water and whisk until smooth.
4. Slowly stir in the flour, mixing well so it doesn't clump. Add in the heavy cream, water and spinach and cook until thickened. Add in the salt, pepper to taste and the butternut squash. Cover and allow the butternut squash to cook and soften for around 15 minutes.
5. Five minutes before serving, add in the zucchini noodles, feta cheese and salmon and cover the pot. Cook for 5 minutes and serve hot.

### About

This recipe **originally appeared** on Joodie the Foodie. Visit [joodiethethefoodie.com](http://joodiethethefoodie.com) for more fresh perspectives on classic dishes.