

Salmon with Red Potatoes and Spinach

There's not much better than being able to cook your entire dinner in one pot. The amazing Instant Pot® makes that possible, and this salmon dinner might just become a new family favorite. The garlicky potatoes and greens are full of tremendous flavor and are two anti-inflammatory superstars!

- Hands-On Time: 10 minutes
- Cook Time: 7 minutes

Serves 4

1 pound small red potatoes, quartered
1 cup water
1¼ teaspoons salt, divided
¾ teaspoon black pepper, divided
4 (5-ounce) salmon filets
¼ teaspoon sweet paprika
½ teaspoon lemon zest
4 cloves garlic, minced
2 tablespoons avocado oil
4 cups packed baby spinach
4 lemon wedges

1 Place the potatoes in the inner pot and add 1 cup water, ¼ teaspoon salt, and ¼ teaspoon pepper. Place a steam rack on top of the potatoes.

2 On top of the salmon add the paprika, lemon zest, ½ teaspoon salt, and ¼ teaspoon pepper and place the salmon on top of the steam rack. Secure the lid.

3 Press the Manual or Pressure Cook button and adjust the time to 3 minutes.

4 When the timer beeps, let pressure release naturally until float valve drops and then unlock lid.

5 Remove the salmon and steam rack from the pot and set aside.

6 Press the Sauté button and cook the potatoes 1 minute. Add the garlic and cook an additional 2 minutes, stirring frequently. Stir in the oil and the remaining salt and pepper. Use a fork to gently mash the potatoes to achieve a chunky texture. Press the Cancel button.

7 Add the spinach and stir until wilted, about 1–2 minutes. Serve the salmon and potato and spinach mixture with the lemon wedges.

CALORIES: 332 | FAT: 11g | PROTEIN: 32g | SODIUM: 877mg | FIBER: 3g | CARBOHYDRATES: 20g | SUGAR: 2g

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