Sea bream Soup with toasted seeds





2 people | 5 min preparation time | 5 min cooking time

All ingredients

2 tins 1/2 of 380g la belle-iloise Sea bream soup with Jerusalem artichokes, buckwheat and slivers of chestnut
30g mixed seeds (sunflower, pumpkin, pine nuts etc.)

Steps

1- Lightly toast the seeds in the oven or in a frying pan
2- When toasted, serve in a ramekin next to your bowl of soup to add as desired