

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