



Seared Salmon with Chickpea & Red Pepper Soup

& Cheesy Pull-Apart Rolls



ca. 20min



2 Servings

Rich and creamy, this chickpea and roasted pepper soup comes together in minutes, though it tastes like it cooked for hours. Don't fret if you don't have a blender—this soup is perfectly yummy when left with a bit of toothsome texture. Definitely don't underestimate the rolls, they're the stars of this dish; sliced and stuffed with cheese, they are like Hasselback potatoes in bread form.

What we send

- 4 oz roasted red peppers
- 1 yellow onion
- 15 oz can chickpeas
- ¼ oz fresh thyme
- 1 lemon
- 2 mini French rolls ¹
- 2 oz shredded cheddar-jack blend ⁷
- 1 pkt vegetable broth concentrate
- 5 oz baby spinach
- 10 oz pkg salmon filets ⁴

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet
- medium Dutch oven or pot
- potato masher or fork
- immersion blender
- medium nonstick skillet

Allergens

Wheat (1), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 40g, Carbs 67g, Protein 52g



1. Prep ingredients

Preheat oven to 425°F. Finely chop half of the **onion**. Reserving **liquid**, drain **chickpeas**. Pick and chop **1 tablespoon thyme leaves** (save rest for own use). Finely grate **1 teaspoon lemon zest** into a small bowl, then squeeze in **1 tablespoon juice**. Pat **salmon** dry; season all over with **salt** and **pepper**.



4. Start soup

Add **chickpeas** and, using a potato masher or fork, mash to a coarse paste. Add **reserved chickpea liquid**, **vegetable broth concentrate**, and **1 cup water**, and bring to a boil. Season with **½ teaspoon salt** and **several grinds pepper**. Simmer until slightly thickened, about 5 minutes.



2. Make pull-apart bread

Using a serrated knife, make 3 slices into each **roll**, stopping about ¾-way down (don't cut through). Lightly brush the insides with **oil**, and fill with **half the cheese** (reserve remainder for soup). Set rolls on a rimmed baking sheet and sprinkle any cheese that's fallen out on top. Bake until toasted and cheese is golden and melted, 8-10 minutes.



5. Finish soup

Stir in **remaining cheese**. If you'd like a smoother consistency, use an immersion blender (or food processor or blender) to purée the soup. (Note: if using a food processor or blender, use caution when blending hot liquids and cover hole in the lid with a kitchen towel to let steam escape.)

Chop **spinach** and stir into **soup** along with **lemon zest and juice**. Remove from heat; cover.



3. Sauté aromatics

Meanwhile, heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **onions** and cook, stirring, until softened, 2-3 minutes. Add **roasted peppers** and **chopped thyme** and cook until very dry, 2-3 minutes.



6. Finish & serve

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add **salmon**, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4-5 minutes. Flip and cook until just medium, about 1 minute more.

Ladle **soup** into bowls and serve with **cheesy pull-apart bread** and **salmon** alongside. Enjoy!