



Creamy White Bean Soup & Seared Salmon

with Mozzarella & Kale Toasts



20-30min



2 Servings

We often try to figure out how to make a meal out of a good piece of toast. Topping it with fresh mozzarella and sautéed kale was a good start, but adding a pot of creamy white bean soup turned it from tasty to super satisfying. Use as much crushed red pepper as you like, or omit it altogether depending on how spicy you like your food.

What we send

- 1 yellow onion
- garlic
- 2 oz celery
- 1 bunch curly kale
- 1 pkt crushed red pepper
- 15 oz can cannellini beans
- 1 pkt vegetable broth concentrate
- 10 oz pkg salmon filets ¹
- 3¾ oz mozzarella ²
- 2 ciabatta rolls ³
- 1 lemon

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium pot
- large skillet
- blender or immersion blender
- rimmed baking sheet
- microplane or grater

Allergens

Fish (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1080kcal, Fat 54g, Carbs 85g, Protein 61g



1. Prep vegetables

Finely chop **onion**. Finely chop **2 teaspoons garlic**; thinly slice 1 large garlic clove, and keep 1 large garlic clove whole. Thinly slice **celery**. Remove **kale leaves** from any tough stems; discard stems and coarsely chop leaves. Pat **salmon** dry and season all over with **salt** and **pepper**.



2. Sauté vegetables

Heat **2 tablespoons oil** in a medium pot over medium-high. Add **onions, celery, and chopped garlic**; cook until softened, about 5 minutes. Add **a pinch of crushed red pepper** (or more, depending on heat preference); stir to combine. Add **beans and their liquid, broth concentrate, 1½ cups water, ½ teaspoon salt, and a few grinds of pepper**. Simmer, partially covered, 10 minutes.



3. Sauté kale

While **soup** simmers, heat **1 tablespoon oil** in a large skillet over medium. Add **sliced garlic** and cook, stirring, until fragrant, about 30 seconds. Add **kale** and **¼ cup water**. Cook, tossing, until kale is wilted and tender, 8-10 minutes; season to taste with **salt**. Transfer sautéed kale to a bowl and set aside until step 6. Wipe out skillet.



4. Purée soup & cook salmon

Working in batches, transfer **soup** to a blender and purée until smooth (or use an immersion blender). Season to taste with **salt** and **pepper**.

Heat **1 tablespoon oil** in same 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 crisp, 4-5 minutes. Flip; cook until medium, 1 minute.



5. Make toasts

Thinly slice **mozzarella**. Preheat broiler with a rack in the top position. Split each **ciabatta roll**, then place halves on a rimmed baking sheet and toast on both sides. Rub **whole garlic clove** all over cut side of toasted ciabatta (you won't use all of the garlic).



6. Finish toasts and serve

Drizzle cut side of **ciabatta toasts** with **oil** and top with **mozzarella**. Broil until **cheese** is melted and bubbly, 1-2 minutes. Top toasts with **sautéed kale**. Finely grate **some of the lemon zest** over top of **soup**, along with **a drizzle of oil**, and **a pinch of crushed red pepper**, if desired. Halve **ciabatta toasts** and serve alongside **soup** and **salmon**. Enjoy!