

Sea bream soup with toasted seeds



2 people

5 min preparation time

5 min cooking time

All ingredients

2 tins 1/2 (800 g) [la belle-iloise sea bream soup with Jerusalem artichokes, buckwheat and slivers of chestnut](#)

30 g 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.