



## SEARED SALMON WITH BROTHY BEANS

*By Grace Parisi*

RECIPE



Nothing is as soothing on a chilly evening as a hearty, rustic bean soup. Top it with a piece of crispy-skin salmon for an extra dose of comfort. Curl up on the couch and enjoy!

ACTIVE: 30 MIN TOTAL: 40 MIN SERVES: 2

## INGREDIENTS

- 1 portion coho, sockeye, or king salmon (8 to 12 ounces), pin bones removed, cut into 2 pieces
- Salt and freshly ground black pepper
- 3 tablespoons extra virgin olive oil, plus more for drizzling
- 1 carrot, peeled and cut into ¼-inch cubes
- 1½ cups thinly sliced leek, white and pale green parts, washed well
- 1 garlic clove, thinly sliced
- ½ teaspoon chopped fresh rosemary
- ½ teaspoon crushed red pepper flakes, or to taste
- One (15-ounce) can white beans such as cannellini, butter beans, navy, or great northern, drained and rinsed
- 1½ cups chicken broth, vegetable broth, or seafood stock
- 1 tablespoon unsalted butter
- 1½ cups baby spinach
- Crusty bread for serving (optional)

## DIRECTIONS

1. Season the salmon with salt and pepper and set aside.
2. In a wide Dutch oven or shallow saucepan, heat 2 tablespoons oil over medium heat until shimmering. Add the carrot and leek and season lightly with salt. Cook, stirring occasionally, until just softened, about 5 minutes. Stir in the garlic, rosemary, and pepper flakes, and cook, stirring, until fragrant but not browned, about 1 minute.
3. Add the beans and broth, then season lightly with salt and pepper and bring to a simmer. Reduce the heat to medium-low and cook, uncovered, until the vegetables are tender and the liquid is slightly reduced, about 10 minutes.
4. Meanwhile, in a medium skillet, heat 1 tablespoon oil over medium-high heat until shimmering. Pat the salmon dry with paper towels and add it to the skillet, skin side down. Press the salmon gently with a spatula for 30 seconds so it lays flat. Lift the spatula and cook until the salmon is nearly done, 5 to 8 minutes depending on the thickness of the fillet. Add the butter, turn the salmon, and cook for about 30 seconds to lightly cook the surface.
5. Just before serving, using the back of a spoon, coarsely mash ¼ of the beans. Stir the spinach into the bean mixture just until wilted.
6. Divide the brothy beans between shallow bowls and top with the salmon. Drizzle with olive oil and serve with crusty bread, if desired.

## PRO TIPS



## PAIR IT UP

Try a light-bodied red wine like pinot noir, gamay, or grenache.



## LEVEL IT UP

For an elegant, luxurious upgrade, stir in a few tablespoons of crème fraîche just before serving.



## CHANGE IT UP

Turn this simple dish into a chowder by adding a touch of cream or cream cheese and a bit more broth to the beans. Stir in flaked salmon.



## LIGHTEN IT UP

This dairy-free, sugar-free, umami bomb is full of heart-healthy proteins (fish and beans), iron, and vitamin C.