



Makes 4 servings

# SALMON WITH CHICKPEA RAGU

## INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 large carrot, peeled and diced
- 1 large zucchini, diced
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 4 cups low-sodium chicken broth
- 1 15.5-ounce can chickpeas (preferably low-sodium), drained and rinsed
- 1 cup basil leaves, sliced into ribbons, plus more for garnish
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 4 6-ounce skinless salmon fillets

## INSTRUCTIONS

Heat the oil in a large skillet over medium-high heat, add the onion and cook until soft and translucent, about 3 minutes. Add the carrot, zucchini, and garlic and cook, stirring, until the carrots are firm-tender, 4 to 5 minutes. Add the tomato paste, stirring to incorporate completely. Add the chicken broth and chickpeas and bring to a boil. Reduce the heat to low and cook, covered, until the liquid thickens slightly, 8 to 10 minutes.

Remove the skillet from the heat, add 1 cup of the basil and 1/4 teaspoon each of salt and pepper and stir to incorporate. Cover to keep warm while you cook the salmon.

Preheat the broiler. Season the salmon with the remaining 1/4 teaspoon each of salt and pepper. Broil the salmon for 8 to 10 minutes per inch thickness, turning once.

To serve, spoon 1½ cups of the chickpea ragù into a shallow bowl or rimmed plate. Top with a fillet of salmon and garnish with ribbons of basil.