



QUICK & EASY FRENCH ASPARAGUS SOUP

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 4

4 large bunches of fresh asparagus
(about 900g)

1 large onion, chopped

3 tablespoons unsalted butter

1 litre chicken or vegetable broth /
stock

1/2 cup Greek yoghurt

Handful baby spinach

Fresh parmesan, grated for serving

PREP TIME

Prep time: 20 mins

Cooking time: 50 mins

METHOD

- Cut tips from 12 asparagus 4cm from top and reserve for garnish.
- Cut stalks and all remaining asparagus into 2cm pieces.
- Cook onion in 2 tablespoons butter in a cast iron or heavy pot over medium/low heat, stirring, until softened. Add asparagus pieces, salt and pepper to taste, then cook for 5mins and stirring regularly.
- Add 5 cups of broth and simmer, covered, until asparagus is very tender, usually 15 to 20 minutes.
- While soup simmers, steam the reserved asparagus tips until just tender.
- Purée the soup in batches in a blender until smooth or in the pot with a hand blender.
- Once blended, return to or keep in the pan and stir in Greek yoghurt. More broth can then be added if you want to thin the soup.
- Season with salt and pepper, bring soup to a slight boil and whisk a tablespoon of butter if serving right away.

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