

ASPARAGUS SOUP WITH FETA

PORTIONS: 4

PREP TIME: 10 MIN

COOKING TIME: 40 MIN



Asparagus season is rather short and so I always try to make the most of it with various recipes. As asparagus is packed with nutrients it is best to cook it short and keep the water, hence turning it into a soup seems a perfect idea. This mild, delicate soup is just perfect in springtime when you fancy lighter, greener and less cooked meals. Adding feta and mint adds more texture and freshness.

INGREDIENTS:

- 1 bunch asparagus (approx. 10 spears)
- 1 litre vegetable or beef stock
- 0.5kg new potatoes
- 1 small or ½ medium brown onion
- 2 garlic cloves
- 200ml sour cream
- 50g feta cheese
- fresh herbs – dill, parsley, mint, thyme
- 1 Tbsp olive oil
- juice of ½ lemon

SPICES*:

- Freshly ground black pepper,
- 1 tsp sea salt

1. SW: Heat the olive oil in a medium pot. Add peeled and dice potatoes and fry for 2-3min.
2. P: Add diced onion and minced garlic, stir.
3. SA: Add a pinch of salt and cold stock. Cover with a lid and bring to boil. Cook for approx. 20-25min until the potatoes are soft.
4. SO: Add lemon juice
5. B: and fresh thyme.
6. SW: Chop asparagus spears, except for the tips. Add to the soup, remove the lid and cook for 5min.
7. P: Season with black pepper,
8. SA: the remaining salt (adjust the amount accordingly to your preference)
9. SO: and chopped parsley. Turn the heat off. Pour the sour cream into a mug and stir in a couple of tablespoons of soup. Repeat 2-3 times. Then pour the mixture back into a soup stirring well.
10. Serve hot with crumbled feta cheese and chopped mint.

Common allergens:

- Sour cream
- Feta cheese

Equipment used:

- Medium pot with a lid

Optional additions:

- For dairy-free option serve without the sour cream and feta. You can thicken the soup by mixing 2 tablespoons of flour into small amount of soup in a mug and adding it back in the place of sour cream. If so, make sure you cook the soup for additional 7-8min.