



Velvet Asparagus Soup

Delicious seasonal soup with Alpro Soya Single

Preparation

1. First make the gremolata topping. Finely chop the parsley. Grate the zest of 1 lemon and add 2 of the cloves of garlic finely chopped. Mix all the ingredients together and season with pepper and salt. Let the mixture rest for at least 15 minutes to allow the flavours to develop.
2. Peel the asparagus, starting just below the tip and working towards the thicker end, then cut or snap off the hard part of the stem (1-3 cm). Put your peeled spears to one side. Warm 1 tablespoon of margarine in a pan and gently saute the asparagus peel and harder end pieces. De-glaze with the vegetable stock and add some peppercorns, bay leaf and a slice of lemon. Simmer until the asparagus trimmings are cooked through and have released all their flavour. Strain the stock and keep warm.
3. Cut the asparagus stems into equal parts. Keep the tips back to boil or steam separately and use as a garnish. Chop the onion and the remaining 2 cloves of garlic. Warm 1 tablespoon of margarine and fry the onion and garlic until soft. Add the asparagus stems and stir fry for 1 minute. De-glaze with the strained stock and simmer for 15 minutes.
4. Remove the soup from the heat, add the Alpro Soya Single and bend until smooth. Add the asparagus tips and season to taste with a little ground nutmeg, freshly ground black pepper and salt. Cut the slices of bread into cubes and fry in 1 tablespoon of margarine until crisp and golden. Serve in bowls sprinkled with the croutons and gremolata.



6 portions



40min



Ingredients

- 600g asparagus (preferably white)
- 800ml vegetable stock
- 1 small onion
- 1 lemon
- 1 bay leaf
- 4 cloves garlic
- 125ml Alpro Soya Single
- 75g (3 tbsp) margarine
- ½ bunch parsley
- 2 slices of brown bread
- Nutmeg
- Freshly ground pepper
- Sea salt

Made with

Soya Single Chilled

