



Asparagus cream - chesse soup

Ingredients (four servings)

- 17,63 oz (500g) white asparagus
- 2 shallots
- 1 tbsp. (1EL) oil
- 16,90 fl oz (500ml) vegetable broth
- 10,6 oz cream cheese fine herbs (300g). We recommend 2 kegs Almonta Fine Herbs
- 1 tbsp. (1 EL) chopped chervil
- 1 tbsp. (1EL) lemon juice
- salt
- pepper

Preparation:

- Skin the asparagus, remove the last third and cut them in four centimeter long pieces.
- Also skin the shallots and cut them in cubes.
- Heat oil in a pot, add the shallots cubes and fry them until they are clear.
- Also add the asparagus and fry them until they are clear too.
- Put the vegetable broth in the pot too and cook the soup for about 10 minutes.
- Stir Almonta Fine Herbs in the soup. Add the lemon juice and the chopped chervil.
- Season it with salt and pepper.

Nutrition facts (per serving):

- calories: 1255 kJ / 300 kcal
- proteins : 11g
- fat: 6g
- carbohydrates: 50g

