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by Liz Robb

A lovely creamy soup to make in the asparagus season; a simple recipe that is

nourishing and satisfying but not too rich..

Ingredients

1 large chicken breast
A few bay leaves
Black peppercorns
1 large onion
2 cloves of garlic
1 stick of celery
1 leek
1 tablespoon of olive oil
A knob of butter
1 large potato
300g asparagus tips
300ml vegetable bouillon or stock
Salt and black pepper
600ml chicken stock
A handful of fresh parsley
A heaped tablespoon of low fat creme fraiche
Servings
4
Person

Preparation

1. Place the chicken breast in a small saucepan with a few bay leaves and black peppercorns, just cover with boiling water and poach for 10-15 minutes to cook through. Lift out and leave to cool slightly. Shred once it has cooled enough.
2. Meanwhile, peel and finely chop the onion, peel and chop the garlic and finely slice the celery and the leek. Peel the potato and chop into small dice.
3. In a large saucepan, saute the onion in the olive oil and butter over a low heat for 2 minutes. Add the garlic, celery and leek and cook for a further 3 minutes. Next add the potato and continue to saute gently and stir for 2-3 minutes.
4. At the same time, trim the asparagus, cut each one in half and poach in 300ml vegetable bouillon for just a minute or two. Lift out but reserve the cooking liquid.
5. To the sauteed vegetables, stir in the reserved cooking liquid and 600ml hot chicken stock. Add the asparagus, reserving a few tips for garnish, the shredded chicken and half of the chopped parsley. Season and simmer for 20 minutes
6. When all of the vegetables are tender, puree with a stick blender to your preferred consistency and check the seasoning.
7. Just before serving, stir in the remaining chopped parsley and the creme fraiche. Garnish each bowl with a few of the reserved asparagus tips.