



Posted on 26 June 2019

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.
-