

Cream soup with green asparagus

Ingredients required for 4 persons

Preparation time 25 minutes

Difficulty easy

Ingredients

300 g green asparagus
1 broccoli
2 cloves of garlic
2 EL olive oil
400 ml vegetable broth
3 EL lime juice
2 TL asparagus spice oil
200 g crème fraîche
salt and pepper



Preparation

Remove woody ends of the asparagus and chop into pieces. Wash and cut broccoli into florets. Peel the garlic, mince and steam it in a pot with olive oil. Add asparagus and broccoli and cook for a few minutes. Deglaze with vegetable broth. Bring to the boil and simmer over low temperature for around 15 minutes until the vegetables are tender. Mix with a blender until smooth. Add asparagus spice oil and crème fraîche, stir in lime juice and season to taste with salt and pepper. Serve with fresh baguette on the side.