



JERNEJ KITCHEN

CREAMY VEGAN ASPARAGUS SOUP

Creamy Vegan Asparagus Soup is made in just 20 minutes. The perfect easy midweek lunch or dinner recipe. Silky texture, without any added cream.

SERVES	2	PEOPLE
PREPARATION:	5	MINUTES
COOK:	15	MINUTES
TOTAL TIME:	20	MINUTES

CREAMY VEGAN ASPARAGUS SOUP

250 g fresh asparagus (approx. 14 asparagus)

1 tbsp olive oil

1 onion, diced

2 cloves of garlic

1/4 tsp cayenne pepper

350 ml vegetable stock or water (12 fl oz)

salt, pepper

TOOLS AND EQUIPEMENT

kitchen knife

cutting board

pot

blender or immersion blender

Sponsored

ASPARAGUS

Prepare the asparagus. Cut off the woody ends. Then cut off the tips and set them aside. Peel the asparagus and chop them on smaller chunks. You can use the woody ends and the peel in vegetable stock, so no need to throw it away.

BLANCH THE ASPARAGUS

Add the asparagus tips to a pot of boiling salted water over medium heat. Cook for about 30 seconds, then remove them from the pot and place under cold running water to stop the cooking process. Drain and set aside.

COOK

Place a pot over medium-low heat. Add olive oil, diced onion, and diced garlic cloves. Cook for about 5 minutes, stirring occasionally. Add the chopped asparagus, cayenne pepper, and 1/2 tsp black pepper. Cook for a few minutes, stirring occasionally.

COOK THE ASPARAGUS SOUP

Pour the vegetable stock or water to the pot with asparagus. Cook until the asparagus are cooked and soft, for about 5 minutes. Then transfer the soup to a blender or use an immersion blender to blend into a nice, creamy, silky asparagus soup. Check the seasoning and season with salt and pepper.

SERVE

Divide the soup between two plates. Serve with blanched asparagus tips, a drizzle of olive oil and if you love heavy