

## Asparagus Soup

Serves 4

1 bunch of asparagus – stems cut into 2cm pieces, tips reserved

1 medium onion - chopped

1 medium floury potato – peeled & chopped

Pinch of ground turmeric

500ml chicken or vegetable stock

25g butter

Small bunch of parsley

Drizzle of cold pressed olive or rapeseed oil (optional)

2 tsp finely shredded mint leaves (optional)

Drizzle of double cream (optional)



Melt the butter in a heavy based pan, add the onion & fry gently for a few minutes to soften. Add the cubed potato and continue cooking for another few minutes.

Add the chopped asparagus spears to the pan, stir everything together and cook for a few minutes. Stir in the turmeric and allow to cook for a few seconds.

Stir in the stock, bring to the boil, put a lid on the pan and simmer for 15mins. In the last 2 minutes of cooking time, add the chopped parsley.

Roughly slice the asparagus tips.

Puree with a hand blender or liquidiser, then add the asparagus tips to the pan.

Season to taste, add cream if you would like.

Serve with a drizzle of oil and a sprinkling of mint leaves.