



EXPERIENCE THE HEALTH BENEFITS DRIVEN BY
the difference for tomorrow!

Green asparagus soup with chicken crostini

Ingredients for 4 persons

Time: 40 minutes

- 7 dl chicken bouillon
- 1 corn chicken breast
- 2 times 250 gr green asparagus
- 5 tablespoons olive oil
- 1 shallot
- 1 teaspoon sharp mustard
- 1 pistol
- 1 clove garlic
- 1 dl whipped cream

Materials

- Blender



Preparation

- Preheat grill to 175°C.
- Keep the broth at a boil and poach the chicken fillet in it for about 10 minutes. Remove from pan and let cool. Clean asparagus and cut into 3 pieces. Heat 1 tablespoon of oil in a pan and fry the shallot for 2 minutes.
- Add broth, mustard and asparagus. Cook covered for about 15 minutes. Remove asparagus heads from soup after 10 minutes.
- Mix the rest of the oil and garlic and brush the slices of pistol with this. Toast the bread under the grill for approx. 3-4 minutes until crisp and golden brown.
- Cut 4 slices of chicken fillet diagonally. Top crostinis with chicken breast and asparagus. Puree asparagus soup with a stick blender. Stir in whipped cream and season with salt and pepper.
- Divide soup among bowls. Place crostini in soup or serve on the side.

Enjoy your food!