



No Waste Asparagus Soup

I eat a lot of asparagus in spring and summer, and every time I chop the ends off a bunch and toss them in the compost (or bin!) I feel wasteful. So now I toss them in the freezer instead. I keep a zip lock bag in the freezer and the ends of every bunch go into it until I have enough to make this deliciously easy no waste soup.

Serves 4 as a starter



INGREDIENTS

- 1½ tablespoons extra virgin olive oil (30ml)
- ½ large brown onion, finely diced
- Salt flakes, to taste
- About 600g asparagus off cuts (1lb 5oz)
- 750ml water (3 cups)
- 1½ tablespoons oregano leaves
- 3 teaspoons thyme leaves
- 3 teaspoons sliced mint leaves
- Natural yoghurt, for serving (optional)
- Za'atar, for serving (optional)

METHOD

1. Place oil, onion and a good pinch of salt in a saucepan over low-medium heat.
2. Cover and cook for 15 minutes or so, stirring occasionally until it is just starting to colour.
3. Meanwhile, chop the tender parts of the asparagus stems, discarding any woody parts; it's OK if some fibrous slices get mixed in as they'll be strained out later.
4. Add asparagus and water to the onion, stir well and bring to the boil.
5. Reduce heat to lowest setting, cover and simmer for 30 minutes.
6. Taste and salt generously.
7. Transfer to a blender, add herbs and process until as smooth as possible.
8. Pass through a fine strainer into a large bowl, pressing with a spatula to extract as much liquid as possible. A little patience here will ensure the tastiest soup.
9. Once you can't extract any more, discard the thick residue in the strainer and set the soup aside to cool.
10. Refrigerate until ready to serve.
11. Serve chilled or gently reheated, garnished with a swirl of yoghurt and sprinkle of za'atar if you like.