



PEA & ASPARAGUS SOUP WITH CRUNCHY CROUTONS

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 400/SERVING



A creamy green welcome to spring, this soup combines fibre-rich asparagus and protein-packed green peas with garlic, shallots, almond milk and lemon. Served with homemade crunchy croutons and superfood seeds for extra crunch and texture.

WHAT YOU'LL NEED

- Mixing bowl
- Baking sheet
- Silicone baking mat (optional)
- Medium pot
- Blender
- Oil
- Salt
- Pepper



WHAT'S INSIDE

2 servings 4 servings

Garlic	2 cloves	4 cloves
Shallot	1	2
Asparagus	1/2 bunch	1 bunch
Green peas	1 cup	2 cups
Broth base	1 cup	2 cups
Lemon	1	1
Bun	1	2
Spice blend	3/4 tsp	1.5 tsp
Seed mix	4 tsp	8 tsp

Nutrition Facts Valeur nutritive	
Per Serving (482 g) pour 1 (482 g)	
Calories 400	% Daily Value*
Fat / Lipides 24 g	% valeur quotidienne* 32 %
Saturated / saturés 3.0 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 38 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 700 mg	30 %
Potassium 450 mg	10 %
Calcium 300 mg	23 %
Iron / Fer 3.5 mg	19 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat your oven to 325°F and prep your ingredients: Trim the **asparagus**, mince the **garlic**, thinly slice the **shallot**, slice the **lemon** into wedges, and cube or rip the **bun** into bite-sized pieces. Add the **broth base** to 1 cup of **water** (2 cups for 4 servings) and set aside.



In a mixing bowl, whisk 2 tbsp of **oil** (4 tbsp for 4 servings) with the **spice blend** and a pinch each of **salt** and **pepper**. Add the **bread** and toss to coat. Spread out on a baking sheet and bake for 15-20 minutes, mixing occasionally to ensure even toasting, until golden brown and crispy.



Meanwhile, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a medium pot over medium heat. Once hot, add the **shallot**, **garlic**, and **asparagus**. Season lightly with **salt** and **pepper**. Sauté for 5-10 minutes until shallot is transparent and asparagus is bright green and tender.



Add the **peas** and **broth** to the pot and season lightly again with **salt** and **pepper**. Transfer **soup** to a blender and blend until smooth and creamy (or use an immersion blender directly in the pot). Transfer back to the pot and bring to a simmer.



Taste and adjust as needed with **salt** and **pepper**, then remove from heat and squeeze in the **juice of half the lemon**. Ladle the soup into bowls and serve with the **croutons**, **seed mix**, and **remaining lemon wedges**.