

Spring Herb Soup

4 servings

🕒 25 minutes

● ● ● level of difficulty



Ingredients

For the soup:

1 onion (medium sized)

250 g potatoes

1 zucchini

125 g mixed herbs (e.g. chervil, watercress, parsley, chives, dill, plenty of basil, a little rosemary & thyme)

2 tbsp olive oil

750 ml vegetable soup

50 g crème fraîche

salt & pepper (freshly ground)

2 sachets **spermidineLIFE[®] Boost+**

For the topping:

2-3 carrots

2 tbsp olive oil

1/2 bunch of radishes

plenty fresh herbs & sprouts

4 organic eggs (size L)

a dash of apple cider vinegar

herb salt & pepper

Preparation

For the soup, peel and chop the onion. Peel and finely dice the potatoes. Wash and chop the zucchinis. Wash, dry and chop the herbs. Heat the olive oil in a pan and fry the onion and potatoes briefly. Pour in the vegetable soup and simmer. Add the zucchinis, season with crème fraîche, salt and pepper and puree the soup until smooth. Stir in the spermidine.

For the topping, wash the carrots, cut into sticks and mix with olive oil. Roast the carrot sticks in the oven for 20 minutes. Wash, clean and halve the radishes.

Poach the eggs: Meanwhile, bring half a liter of water to a simmer in a saucepan and add a dash of vinegar. Place the raw eggs in the boiling water for ten seconds. Remove and crack into a cup. Stir the water with a wooden spoon to create a swirl. Carefully pour the egg into the water and poach in the simmering water for three minutes. Remove from the water with a slotted spoon. Repeat the process with the remaining eggs.

Serve the soup in bowls with radishes, roasted carrots, plenty of herbs, sprouts and a poached egg. Season with herb salt and pepper.