

## **Asparagus soup topped with a poached egg**

### **Ingredients:**

2 tsps ghee or coconut oil  
1 large white onion, chopped  
1 large leek, chopped  
1 medium sized courgette, sliced  
750g asparagus spears, ends removed  
3 garlic cloves, finely chopped  
1 1/2 pts chicken or vegetable stock  
pinch of salt and pepper  
1 egg (per person)

### **Serves 4 Per serving:**

210 calories  
10g fat  
16g carbs  
14g protein

### **Instructions:**

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and sauté for 2-3 minutes, until soft. Add the leek and sauté for 2-3 minutes, until soft. Add the courgette, asparagus, garlic, stock and salt and pepper. Cover and simmer for 20-25 minutes. Add more salt and pepper if required. Remove from heat. Gently mash or blend the soup, to desired consistency. Bring a small saucepan of water to the boil (around 2 inches deep) and reduce to a simmer. Carefully crack one egg (per person) into the water. Poach gently for around 3 minutes. Remove from the water with a slotted spoon and allow the excess water to drain from the egg. Serve the soup topped with the poached egg. Store any leftover soup in an airtight container and refrigerate for up to 4 days or freeze on same day.

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