

Creamy Asparagus Soup with Fontina Fritters

French-inspired with a Meez twist, this is a lighter version of a classic vichyssoise soup. We're serving sautéed asparagus in a rich cream soup, then topping it with crispy asparagus and fontina fritters in place of croutons. It's an elegant recipe perfect any night of the week.

40 *Minutes to the Table*

40 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl
Small Bowl
Griddle or Skillet

FROM YOUR PANTRY

Salt & Pepper
Milk (1/3 cup)
Egg (1)
Butter (1 Tbsp)

5 MEEZ CONTAINERS

Asparagus
Sour Cream & Chives
Fontina & Flour
Onions, Leeks & Garlic
Vichyssoise Base

Good To Know

Vichyssoise is traditionally served as a cold soup, perfect for the warmer weather of Spring and Summer. If you prefer it warm, heat it in a saucepan over medium heat prior to sautéing the asparagus.

Health snapshot per serving – 780 Calories, 26g Protein, 59g Fat, 37g Carbs, 32 Freestyle Points

Lightened up snapshot – 630 Calories, 44g Fat, 34g Carbs, and 16 Smart Points when don't add in the butter or sour cream and chives.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Asparagus, Cream, Spinach, Sour Cream, Flour, Fontina, Onion, Leek, Garlic, Chives, Vegetable Stock, Tarragon, Baking Powder, Black Pepper, Kosher Salt.

meez *meals*

1. Cook the Asparagus for the Vichyssoise

Heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add half the **Asparagus** and sauté until it starts to char, about 3 to 4 minutes. Remove the asparagus from the heat and set aside. Wipe out the skillet.

2. Make the Asparagus Fritter Batter

Melt 1 Tbsp butter in the microwave or on the stove, then pour into a large mixing bowl. Crack 1 egg into a small bowl, mix well and add to the large mixing bowl along with 1 teaspoon salt and 1/3 cup milk, the remaining uncooked asparagus, **Fontina & Flour** and **Onions, Leeks & Garlic**. Gently stir until all ingredients are mixed in. (Avoid overworking the batter.)

3. Cook the Fritters

Melt 2 Tbsp butter in the now-empty skillet over medium high heat. Ladle the batter on to the skillet, using a measuring cup, forming a fritter about 3" in diameter and about ½" thick. You should have approximately four fritters. Cook the fritters until golden brown, about 3 to 4 minutes per side. Transfer the fritters to a cutting board and slice into bite sized pieces.

4. Put It All Together

Pour the **Vichyssoise Base** directly into serving bowls. Add the sautéed asparagus and top with the **Sour Cream & Chives**. Place the fritter croutons on top, serve and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois