



## **Green Pea and Asparagus Soup with Poached Eggs and Toast**

Light, lovely, and lush, this egg-topped soup is all you need for a well-rounded supper that taste like spring. We use cashew cream to thicken this soup rather than milk because it creates a smoother soup with a slightly nutty finish.

### **Ingredients**

1 ½ teaspoons unsalted butter  
2 leeks, white part only, trimmed and thinly sliced  
4 cups unsalted chicken stock  
1-2 cup cashew cream (add to thicken to desired

consistency)

1 teaspoon chopped fresh thyme  
1 teaspoon kosher salt  
¼ teaspoon black pepper  
2 cups frozen green peas  
2 cups raw cashews  
1 pound fresh asparagus, trimmed and coarsely chopped  
¼ cup chopped fresh flat-leaf parsley, divided  
1 tablespoon white vinegar  
4 large eggs  
2 teaspoons extra-virgin olive oil

4 (1/2-ounce) pieces crusty multigrain bread, toasted

### **Directions**

#### **Cashew Cream**

##### **INGREDIENTS**

For basic, all-purpose cashew cream:

1 cup raw, unsalted cashews  
2 1/2 cups water, divided  
1/8 teaspoon kosher salt

For sweetened cashew cream:

1 cup raw, unsalted cashews  
1 dried Medjool date, pitted  
2 1/2 cups water, divided  
1/8 teaspoon kosher salt

For "cheesy" cashew cream:

1 cup raw, unsalted cashews  
2 1/2 cups water, divided  
1 tablespoon nutritional yeast  
1 teaspoon freshly squeezed lemon juice

1/8 teaspoon kosher salt

#### INSTRUCTIONS

**Soak the cashews:** Place the cashews (and date, if using) in a medium bowl and add 2 cups of the water. Set aside uncovered at room temperature for 10 to 12 hours. The cashews are ready when they break apart when pressed between two fingers.

**Drain and add fresh water:** Drain the soaking water from the cashews. Add the drained cashews (and date, nutritional yeast, or lemon, if using), remaining 1/2 cup water, and salt to a blender.

**Blend into cream:** Blend on high speed until completely smooth, about 3 minutes. Stop scrape down the sides of the blender and process again for 1 minute.

#### Directions For Soup

Melt butter in a large saucepan over medium heat. Add leeks; cook 4 minutes, stirring occasionally. Add stock, thyme, salt, and pepper; bring to a simmer. Add peas and asparagus; cover and cook 3 minutes. Place pea mixture and 3 1/2 tablespoons parsley in a blender.

Remove center piece of lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening in lid. Blend until smooth.

While soup simmers, add water to a skillet, filling two-thirds full; bring to a boil. Reduce heat; stir in vinegar. Break each egg into a custard cup. Gently pour eggs into pan; cook 3 minutes. Remove eggs with a slotted spoon; place on a paper towel-lined plate.

Divide soup among 4 bowls. Place 1 egg in each bowl; drizzle evenly with oil. Sprinkle with remaining 1 1/2 teaspoons parsley. Serve with toast.