



# Pea and asparagus soup with rice balls

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## Ingredients

*serving 2*

soup

- 350g of peas
- 250g of asparagus
- 100g of cauliflower
- 100g of onion
- 2 garlicks
- 2 glasses of water
- a dash of apple cider vinegar
- a pinch of pepper
- a clup of chive
- 2 leafs of fresh mint

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- olive oil
  - 2 tsp of salt

for the riceballs

- 75g of rice (recommended Arborio)
- 2 glasses of oat milk
- a pinch of curcuma
- salt

## Instructions

Cut the asparagus, the cauliflower and put it in a large pot with onion, garlicks and two glasses of water.

Set aside the heads of the asparagus.

Cook at low heat for 35'.

In the meanwhile in a small pot put the rice with water, curcuma and salt, let cook at low heat for 20' or more so that it is dried.

When the vegetables are almost cooked, sieve all with a blender, add the heads of the asparagus and the vinegar, than cook for 10' more.

With the rice make small balls, and let cool at room temperature.

Pour the soup in a large dish, and add the riceballs.

Serve with a dusting of pepper, leaflets of mint, and a little olive oil and the chives.