

# Spring Barley Soup

*with Green Garlic & Baby Fennel-Asparagus Salad*

Fennel is generally regarded as a fall vegetable, but in spring, baby fennel (the young bulb of the plant) is considered a special treat. Tender with a more delicate and subtly anise-like flavor, it's delightfully crunchy when raw, which is how you'll use it here. Combined with ribbons of raw asparagus, parsley and lemon juice, it's the perfect topping for this hearty springtime soup.



## Ingredients

- 2/3 Cup Pearled Barley
- 2 Carrots
- 1 Bulb Baby Fennel
- 1 Bunch Asparagus
- 1 Stem Green Garlic
- 1 Leek
- 1 Lemon
- 1 Bunch Parsley

## Knick Knacks

- 1/3 Cup Grated Parmesan Cheese
- 1/4 Cup Crème Fraîche
- 2 Teaspoons Barley Soup Spice Blend  
(Fennel Seeds, Crushed Aleppo Pepper, Coriander Seeds & Garlic Powder)

**Makes 2 Servings**

**About 530 Calories Per Serving**

**Cooking Time: 35 to 45 minutes**



For cooking tips & tablet view, visit [blueapron.com/recipes/624](https://blueapron.com/recipes/624)

**Recipe #624**



1

*Cook the barley:*

Heat a medium pot of salted water to boiling on high. Once boiling, add the **barley** and cook 17 to 19 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly.

2

*Prepare the ingredients:*

While the barley cooks, wash and dry the fresh produce. Peel the carrots and thinly slice into rounds. Pick off and reserve the fennel fronds. Cut off and discard the stems and root end of the fennel; thinly slice the bulb. Using a peeler, shave **half the asparagus** into ribbons; chop the **remaining asparagus** into ½-inch pieces. Cut off and discard the root end of the green garlic; thinly slice the green garlic. Cut off and discard the root end and upper, dark-green leaves of the leek; small dice and thoroughly rinse the leek. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the parsley leaves off the stems; discard the stems.

3

*Start the soup:*

Once the barley has cooked for about 15 minutes, in a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots, green garlic, leek and spice blend**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened and fragrant.

4

*Make the broth & add the barley:*

Add **3 cups of water** to the pot of vegetables; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-low. Add the **cooked barley** and simmer, stirring occasionally, 4 to 6 minutes, or until the liquid is slightly reduced in volume. Remove from heat.

5

*Finish the soup & make the lemon crème fraîche:*

Off the heat, stir the **chopped asparagus, Parmesan cheese and the juice of 2 lemon wedges** into the pot of soup; season with salt and pepper to taste. Set aside in a warm place. In a small bowl, combine the **crème fraîche and lemon zest**; season with salt and pepper to taste.

6

*Make the salad & plate your dish:*

In a medium bowl, combine the **shaved asparagus, fennel bulb and fronds, parsley and the juice of the remaining lemon wedges**. Add a drizzle of olive oil and toss to coat; season with salt and pepper to taste. Divide the **finished soup** between 2 bowls. Top with the **lemon crème fraîche and salad**. Enjoy!