

# BORSCHT WITH LIME SOUR CREAM, CROUTONS AND SPRING ONIONS

## STEPS TO FOLLOW

14

## RECIPES EN-ROUTE



## INGREDIENTS



1 persona

### Soup:

1/2 medium-sized onion  
1/2 carrot  
350 g of fresh beetroot  
2 tomatoes  
1.5 tbsp tomato purée  
500 ml water  
150 g white cabbage  
150 g green beans  
2 large potatoes  
1 litre chicken stock  
½ tbsp vinegar  
1 garlic clove  
3 tsp sugar  
Ground black pepper  
Salt  
Fresh dill  
Olive oil

### Sour cream:

200 g cream cheese  
Juice of two limes and their zest  
1/2 spring onion  
Salt, black pepper  
1 dash of olive oil

1 handful of croutons

### 1 For the soup:

Finely chop the onion. Slice the beetroot and carrot. Peel the tomatoes and dice them, removing the skin and seeds. Slice the cabbage, finely chop the garlic, chop the green beans and cut the potatoes into small pieces. In a casserole, lightly fry the onion in a splash of olive oil. Then add the carrot, cook for a short time and add the beetroot. Cook for about 4 mins, add the peeled and chopped tomato, tomato purée and a little salt. Add 2-3 glasses of water and leave to cook on a low heat for 20-25 mins. In another pan, boil the cabbage in the chicken stock. Cook for about 5 mins then add the potatoes and green beans, then cook for another 10 mins. Now add the contents of the beetroot pan to the chicken stock pan. Stir well, then add the vinegar, sugar, chopped dill, chopped garlic and black pepper. Add salt if needed. Turn off the heat and leave to rest, covered, for about 10 mins.

### 2 For the sour cream:

Finely chop the spring onion. Mix with the cream cheese, juice, zest, salt, black pepper and oil. Stir and set aside.

### 3 To serve:

Serve the soup hot, topping it with a spoonful of sour cream and a few croutons.

If you want to make this recipe for more people, just multiply the quantities by the number of guests.

#TakeCareOf  
YOUR DIET  
ON THE ROUTE

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