



COLD YOGHURT SOUP WITH TROUT SPAWN



Time
45min



Servings
2

Calcium Recommended Daily Intake
38.55%

Calories

243

Calcium

386mg

Protein

17g

Vitamin D

0.53 IU

Ingredients

- 3 dl cold vegetable bouillon
- 500 ml yoghurt, 1,5% fat
- 200 g cucumber
- 100 g radishes
- 100 g yellow sweet (bell) pepper
- 15 g fine chopped onion
- 1 tbsp chives
- 3/4 tbsp salt
- Pepper

Topping

- 50 g trout spawn

Accompaniment

- Whole wheat bread or buns

Instructions

1. Cut the cucumber into sticks, and then again into thin slices. Take half the radishes and cut them into thin slices. Cut the sweet pepper into squares.
2. Remove the fat from the cold bouillon and whip it with the yoghurt. Add the vegetables to the soup together with the onions, chives, salt and pepper.
3. Place the soup in the refrigerator for 1/2 - 1 hour. Season the soup with salt and pepper before serving.
4. Serve in deep dishes and put a teaspoon of trout spawn on each. Serve with good whole wheat bread or buns.