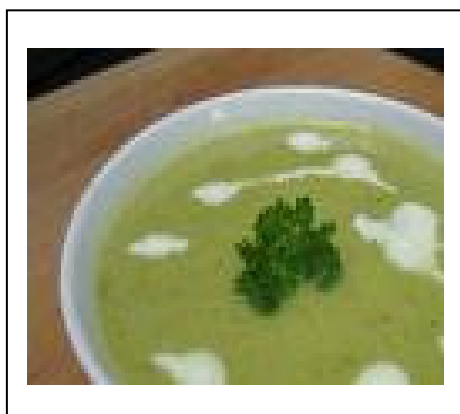


1. Put the leeks, garlic, onion and oil in a bowl cover and cook on FULL power for 3 minutes.
2. Add potatoes to onions cover and cook on FULL power for 5 minutes.
3. Add the stock and the mustard and cook on FULL power for 5 minutes or until potatoes are soft.
4. Add cheese to soup mixture (keep a little for serving) blend until smooth adding milk until desired consistency reached, Season with a little pepper.
5. Serve sprinkled with reserved cheese and parsley.

2 large leeks, washed and sliced
2 tbsp oil
1 onion, peeled and diced
2 medium potatoes, peeled and diced
1 clove garlic, crushed
1 tsp wholegrain mustard
750ml vegetable or chicken stock
50g blue cheese or other strong flavoured cheese
50ml milk
black pepper
chopped parsley

'What's Cooking!' Recipe Card**LEEK AND BLUE CHEESE SOUP****Food Fact:-**

When preparing leeks it is important to use the green leafy parts as they contain beta carotene which the body converts to vitamin A

Preparation time 10mins

Cooking time 13MINS