

Ingredients

1. Rinse the leek slices very thoroughly and put with the oil into a large microwavable container and cook, covered, on HIGH for 3-5 minutes, until they are bright and soft, stirring occasionally.
2. Finely chop or slice the fennel bulbs, reserving some of the fronds. Add the fennel to the leeks, cook on HIGH for 3-5 minutes or so to soften, then add the fennel seeds, the stock and a little seasoning.
3. Cook on HIGH until boiling, about 2-3 minutes, then cook on MEDIUM for about 5 minutes, until the fennel is soft.
4. Pour in the optional Pernod or Ricard and cook on HIGH for a minute or two.
5. Whiz the soup in a processor or blender until smooth. Stir in the yoghurt, correct the seasoning, and heat on HIGH for a minute to bring back to the boil. Serve in warm bowls with a drizzle of oil and the fennel fronds on top.

1 medium-to-large leek, thinly sliced

30ml (2 tbsp) cooking oil

2 large bulbs fennel

1 teaspoon fennel seeds

1 litre (3/4 pint) hot vegetable or chicken stock

2 tablespoons aniseed flavoured liquor (optional)

120ml (4floz) low fat yoghurt

A little olive oil, to serve

You can use Pernod, Ricard, Ouzo or other aniseed flavoured liquor or add an extra tsp fennel seeds



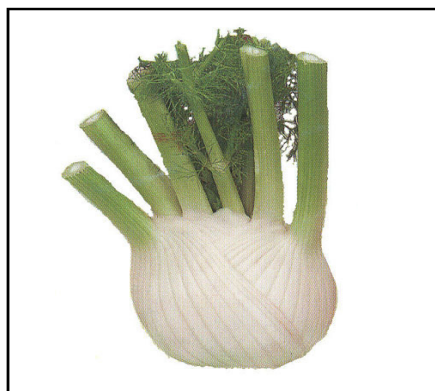
Serves 4-6



soup

'What's Cooking !' Recipe Cards

FENNEL AND LEEK SOUP



Food Fact:-

Useful for digestive problems, low in calories and helps to eliminate excess fluids from the body

Preparation time 10 mins

Cooking time 15 mins