

LEEK AND POTATO SOUP



Food Fact:-

When preparing leeks it is important to use the dark green leafy parts as they are a good source of beta carotene which the body converts to vitamin A.

Preparation time 10 mins

Cooking time 13 mins

Serves 4

REAL FOOD WORKS

Ingredients

1. Put the leeks with the oil in a bowl cover and cook on FULL POWER for 3 mins.
2. Add potatoes, cover and cook on FULL POWER for 5 mins.
3. Add stock, cover and cook on FULL POWER for 5 mins, or until potatoes are soft.
4. Blend until smooth add some milk for extra creaminess season with black pepper and sprinkle with parsley to garnish.

10ml / 2 teaspoons
sunflower oil
2 large leeks, Sliced and washed.
2 medium potatoes, peeled and diced
850ml chicken or vegetable stock
Milk
Black pepper
Chopped parsley

