

NORTHUMBRIAN LEEK SALAD



Food Fact:-

Be sure to use the green part of the leek as well as the white as this is a good source of beta-carotene. Leeks are helpful for reducing high blood pressure and cholesterol levels.

Preparation time 10 MINS

Serves 4 - 6

Cooking time 5 MINS



Ingredients

- 1. Mix the oil, vinegar, onion, basil and sugar together and season to make the dressing.**
- 2. Put the leeks in a bowl, cover and cook on FULL power for 3-5 minutes. Drain well and put in a serving bowl.**
- 3. Stir the dressing into the leeks and sprinkle with parsley and parmesan if using.**
- 4. Serve warm.**

3 tbsp olive oil

1 tbsp balsamic vinegar

1/2 red onion, finely chopped

10 basil leaves, shredded

Black pepper + a pinch of caster sugar

4-6 medium leeks washed & chopped into 3-4cm pieces

1 tbsp parsley, chopped

shavings of parmesan (optional)