



LEEK AND POTATO SOUP

Ingredients
(Serves 3 – 4)

1 medium onion
1 medium leek
1 large potato
2 x 10 ml spoons olive oil
850 ml water (boiled)
1 vegetable stock cube
300 ml milk
Black pepper
Small handful of chopped chives (for garnish)

Method:

1. Peel and slice the onion
2. Top and tail and wash the leek
3. Peel, dice and wash the potato
4. Heat the oil in the saucepan
5. Add the onion and leek, gently stir and cook until soft
6. Stir in the potato
7. Prepare the stock – mix the stock cube into the boiled water
8. Pour the stock into the pan and bring to the boil
9. Reduce to a simmer, cover with the saucepan lid and cook for 20 minutes
10. Turn off the heat, remove the lid, season with a small pinch or a twist of black pepper and add the milk
11. Carefully, place the saucepan on a trivet near to the blender
12. Ladle the soup into the blender, attach the lid, turn on and blend. Do not over fill the blender. It is better to repeat this a few times.
13. Pour the blended soup into the clean saucepan. Repeat step 12 until all the soup has been blended.
14. Heat the soup through and serve
15. Garnish with a sprinkle of chives