



LEEK & POTATO SOUP

INGREDIENTS

- 1 tablespoon vegetable oil
- 200g frozen diced onions
- 400g frozen leeks
- 1 (400g) can potatoes – drained and diced
- 1 teaspoon mixed herbs
- 1/2 teaspoon garlic granules
- 1 low salt vegetable **stock** cube
- 900ml (1½ pints) water
- black pepper

EQUIPMENT

- chopping board, sharp knife,
- vegetable peeler, large saucepan,
- measuring jug, tablespoon, teaspoon,
- wooden spoon, hand blender, ladle

SERVES: 6

PREP TIME: 10 minutes

ALLERGENS: mustard, milk, soya

COOK TIME: 30 minutes

METHOD

- 1 Heat the oil in a large saucepan over a medium heat and gently fry the onions, celery and leek for 5 minutes until they start to soften.
- 2 Add the potato, herbs, garlic, stock cube and water to the pan and bring to the boil. Reduce the heat and simmer for 20 minutes until the vegetables are soft.
- 3 Remove from the heat and cool slightly, then blend until smooth.
- 4 Season to taste with black pepper and serve with a sprinkling of parsley.



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