



Leek and Potato Soup

SERVINGS: 6

PREPPING TIME: 15-30 MIN

COOKING TIME: 30 MIN

Ingredients

1 tbsp oil/butter

1 onion, sliced

2 gloves of garlic, chopped

225g / 8oz potatoes, cubed

2 medium leeks, sliced

1.2 litres / 2 pints vegetable stock

150ml / 5fl oz double cream or crème fraîche

salt and freshly ground black pepper

Directions

1. Heat the oil in a large pan and add the onions. Once starting to soften, add the garlic and cook for 2 minutes.
2. Add the leeks and cook for 2 minutes, then add the potatoes and cook for a further 3-4 minutes over a medium heat until starting to soften.
3. Add the vegetable stock and bring to the boil. Season with salt and pepper. Simmer for approximately 10 minutes, or until the vegetables are tender.
4. Whizz with a hand blender or in a blender until smooth. Stir in the cream or crème fraîche. Heat through and serve.