

Potato and Leek soup

Difficulty: Easy

Type: Main, Lunch/Dinner

Allergy advice: Fructose

Source: Adapted from SAKG

Serves: 15 small serves

From the garden: Leeks, chives, parsley, garlic

Season: Winter/Spring

Equipment	Ingredients
<ul style="list-style-type: none"> • Chopping boards and mats • Cooks knives • Measuring jugs and spoons • Vegetable peelers • Large saucepan • Wooden spoon • Stick blender • Large mixing bowl • Bowls for serving 	<ul style="list-style-type: none"> • 2 Leeks, finely sliced • 1 onion, peeled and finely chopped • 1 bay leaf • 1 garlic clove, peeled and finely chopped • 1 small handful parsley, finely chopped • 1 Small handful chives, finely chopped • 8 potatoes, peeled and chopped into 1cm cubes • 3 celery stalks, chopped • ½ Tbsp. butter • 1 L vegetable stock • Salt and pepper to taste

What to do:

1. Prepare all of the ingredients as per the instructions on the ingredients list. Remember to wash all of the produce, as well as the potatoes after peeling.
2. Sauté the leek, onion and garlic in the large saucepan until soft.

- 3. Add all of the herbs, the potatoes and the celery to the sautéed ingredients and stir.**
 - 4. Add the butter and continue to sauté for another 3-4 minutes.**
 - 5. Pour the vegetable stock over the ingredients, use enough stock to cover all of the vegetables, keep on a simmer.**
 - 6. Keep checking the soup. If the vegetables are soft, turn off the heat and use the stick blender to puree the soup (if not soft enough keep cooking until soft) then serve.**
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