

# June

## Recipe of the Month

### Leek & Potato Soup



- INGREDIENTS (5 serving)**
- 500 g baking potatoes
  - 25 g celery
  - 200 g leeks
  - 50 g onions
  - 750 ml water
  - 1 vegetable stock cube
  - 1 tbsp olive oil
  - pinch salt & Pepper
  - 20 g chives
  - 100 g soured cream (or plant-based alternative)

### METHOD

1. Bake potatoes for 1 hour at 180C.
2. Remove flesh from skins.
3. Place skins on a baking tray. Coat with half the oil and return to the oven for a further 15-20 mins until crisp.
4. Finely slice the onion, celery and leeks. Heat the remaining oil in a pan and sweat the vegetables until soft.
5. Mix the veg stock with the boiling water. Add to the vegetables along with the potato skins and flesh. Simmer gently for 15 mins.
6. Transfer soup to a blender. Add the salt and pepper and blend until smooth.
7. Finely chop the chives.
8. To serve, ladle the soup into bowls and top with the soured cream (or plant alternative) and the finely chopped chives.

- NUTRITION FACTS**
- 158 kcal per serving
  - Fat: 4.4 grams
  - Saturates: 2.6 grams
  - Sugars: 3.7 grams
  - Salt: 0.23g

Approx  
5g of  
fibre per  
serving

4 Plant  
Points

Approx.  
60p per  
serving

Online Recipe



EatWell



**IMPORTANT INFORMATION** \*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only. Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.