

POTATO LEEK SOUP



Serving: 4

Prep Time: 50 min

INGREDIENTS

- 10 ml (2tsp) sunflower
- 3 leeks, cleaned well and thinly sliced, plus extra garnished

- 4 medium potatoes, with skin, cut into small chunks
- Pinch of salt
- 5ml (1tsp) white pepper
- 1.2 litres chicken or vegetable stock
- Low fat smooth cottage cheese, for garnished

INSTRUCTIONS

1. In a large, deep-base cooking pot, heat the oil. Add the leeks, potatoes, salt, pepper and sauce until translucent and soft, for about 5-10 minutes.
2. Add the stock, depending on the desired thickness consistency, and bring to a boil. Reduce to a simmer and cook until the vegetables are tender, about 20-30 minutes.
3. Using hand held blender, blitz the soup until smooth. Serve topped with extra leeks and dollop of cottage cheese