

Leek & potato soup with toasted garlic wholemeal roll

(Serves 6)

Ingredients

For the soup:

- 2 tsps Oil, Olive, napolini
- 300g Onions, diced
- 250g Celery, diced
- 400g Leeks, sliced
- 1 Stock pot, (knorr vegetable)
- 1 litre Water
- 220mls Milk, Semi-skimmed
- 450g Potatoes, peeled & cubed
- 1/4 tsp Black pepper
- 1tsp Wholegrain Mustard (optional)

For the Toasted garlic wholemeal roll- Per person:

- 1 Garlic clove, crushed
- 20g Light Olive spread
- 1 Wholemeal roll, cut in half (Kingsmill-approx 75g)

Preparation

1. Heat the olive oil in a large pan &, with the lid on, gently sweat the onions, celery & leeks for 5-10 mins until soft.
2. Prepare the stock. Add the milk to the stock & mix. Add to pan & bring to the boil.
3. Add potatoes & black pepper.
4. Bring back to the boil, cover pan & simmer for 20 mins until potatoes soft.
5. Turn off the heat. Stir in the mustard if used.
6. Whizz through blender. Put back on a low heat, stirring occasionally.
7. Crush the garlic clove into a small dish. Add the olive spread & mix together thoroughly.
8. Spread onto both halves of the roll & toast under a medium grill.
9. Serve the soup with the toasted roll.

TOP TIP: I recommend you use the mustard in this soup. I don't like the taste of mustard on its own but love it in this soup. It really makes a difference & gives it a nice silky smoothness.

NUTRITIONAL VALUES

PER SERVING

Calories 386

Total Sugars 10.55g

Total Fats 12.9g

Saturated Fats 3.25g

Salt 1.67g

Fruit & Veg 2