



LEEK AND POTATO SOUP

A smooth, creamy leek and potato soup that's quick to make and full of flavour. Leeks are seasonal British vegetables that are versatile and delicious!

This recipe makes a delightful meal at any time of the year, and is perfect served with bread!



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; chop using bridge/claw technique safely; use a vegetable peeler safely; use a jug to measure liquids; use the hob | blender (with adult supervision); season to taste.

Allergens*

Milk | May Contain Gluten & Celery

Equipment: Knife, chopping board, vegetable peeler, saucepan, blender, measuring jug, garlic crusher, wooden spoon, kettle.

Ingredients (serves 6, or 12 as a taster):

- 1 large potato
- 2 leeks
- 1 onion
- 1L vegetable stock
- 150ml reduced fat creme fraiche
- Black pepper to taste

* (Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.)

Method

1. Peel and chop the potato into cubes. Chop the leeks and onions using the bridge/claw techniques safely.
2. Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3-4 minutes until starting to soften.
3. Add the vegetable stock and bring to the boil. Simmer for 10 minutes until the vegetables are soft.
4. Blend with a hand blender until smooth
5. Serve your soup, piping hot, and garnished with your choices of toppings from the Creative Corner.

Optional - Creative Corner!

- Pinch of dried chilli flakes
- A swirl of creme fraiche
- A mixture of pumpkin and sunflower seeds
- Sprigs of herbs, such as parsley



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Leek and Potato Soup...

Potatoes are a nutritious and filling starchy food; low in fat and a source of vitamin C and fibre.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 119g serving

ENERGY
394kJ / 94kcal **5%**

MED **FAT**
4.2g **6%**

MED **SATURATES**
2.6g **13%**

LOW **SUGARS**
3.3g **4%**

MED **SALT**
0.73g **12%**

% of an adult's reference intake

Typical values per 100g : Energy 331kJ / 79kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage