

How to... Leek & Potato Soup

(Serves 2)

1 potato, 1 leek, 1 vegetable stock cube, 1 dessertspoon of oil,
1 teaspoon mixed herbs, ½ teaspoon of black pepper,
150ml milk (optional)



Collect your ingredients for the soup.



Wash and chop leek.



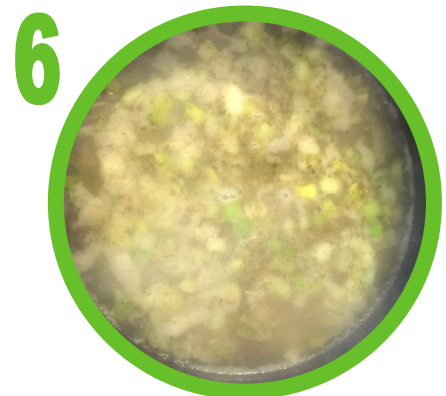
Wash and chop potatoes.



Add oil to pot, add leeks, potatoes and herbs, cook for a few minutes.



Dissolve stock cube in 500 ml of boiling water, add to pot.



Cook on a medium heat for 20 minutes.



If you want your soup creamy add 150ml of milk.



Blend soup using a hand blender or you can leave it chunky.



Serve with crusty bread.