



Organic leek and potato soup

This non-dairy creamy soup is rich in fibre and phytonutrients to support your health. Our mealy Thai potatoes add that smooth, creamy texture.

A member of the allium family (like onions and garlic), leeks also contain allicin which has sulphur containing secondary metabolites to scavenge damaging peroxy radicals. Kaempferol, a flavonol found in leeks, helps lower the risk of cancer and cardiovascular disease.

Credits: Ceri, Zenxin master chef

Key facts:

Preparation: 10 mins

Cooking time: 20 mins

Total: 30 mins

Serves: 6

Ingredients:

20g **organic extra virgin cold-pressed olive oil**

500g **organic leeks** chopped, washed and cleaned

3 medium organic **Thai potatoes**

2 tbsp organic vegetable stock concentrate with **Himalayan rock salt**

2 litres water

Method:

1. Wash, clean and prepare the leeks chopping them into slices.
2. Measure out the olive oil into the Thermomix bowl or stainless steel saucepan.
3. Begin to sauté the leeks (For TX 20 mins, 98°C on speed 1)
5. Add the chopped potatoes and sauté for 6 mins.
6. Add water to the 2 litre mark and continue to cook.
7. After the time/program is completed add the vegetable stock and blend.
(TX speed 10 for 2 minutes)
8. Adjust taste, add freshly ground pepper and enjoy :)