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# Leek and potato soup

Serves 1 adult and 1 child aged 3-4

# Ingredients

- 150g leeks, washed and sliced
- 130g potatoes, peeled and chopped
- ½ a reduced salt stock cube and ¾ of pint (240ml) of water
- Black pepper

## Optional

- 2 teaspoons of plain yoghurt
- Chives, chopped or dried



# Equipment

Chopping board, knife, measuring jug, saucepan with lid, spoon, hand blender or potato masher.

# Method

- 1 To make the stock, add half a stock cube to a heat proof measuring jug and add 240ml of boiling water.
- 2 Add the stock, leeks and potatoes to a saucepan and bring to the boil.
- 3 Reduce the heat and simmer for 20 minutes until vegetables are tender.
- 4 Blend with hand blender or mash with potato masher until smooth.
- 5 Return to the saucepan and reheat gently. Add water if the soup is too thick, season with black pepper.
- 6 To serve swirl 1 teaspoon of yoghurt into each bowl and sprinkle with chopped chives.

# Handy tips

- Store cupboard options - add 1 teaspoon of any spice or herb at the start of cooking.
- Not got a hand blender or potato masher? Not to worry the soup can be made without blending/mashing.
- Try making different soups - replace the leeks and potatoes with other vegetables like carrots, parsnips, onions or mushroom.