

Leek and Potato soup

Equipment

Large saucepan

Chopping board

Wooden spoon

Knife

Blender

Ingredients

2 teaspoons olive oil

2 cloves garlic

½ onion

1 stalk celery

1 potato

2 cups chicken stock

2 cups milk

8 cups spinach

Salt & pepper

Method

1. Chop onion, celery, garlic and cube potato.
2. Heat olive oil in a large saucepan, Sauté garlic, onion, celery and potato for 5 mins/
3. Add chicken stock and milk. Bring to the boil, cover and simmer for 10 mins.
4. Stir in the spinach and cook for another 10 mins.
5. Cool slightly then transfer to blender or use stick blender.
6. Blend until smooth.
7. Serve