

Leek & Potato Soup

Allergens – **Celery**

Ingredients

Quantity	Ingredient
750g	Leeks (chopped)
1.25 kg	Potatoes (diced)
400g	Carrots (grated)
50g	Vegetable Bouillon paste (Knorr contains Celery)
3.5 ltr	Water
15g	Parsley - Flat (chopped)

Method

1. Place the leeks, potato and carrots in a thick-bottomed pan over a low heat and allow to sweat for 5 minutes.
2. Add the water and bouillon, bring to the boil, and simmer gently for 45 minutes.
3. Skim, add the parsley and serve.

Nutritional Content per 200g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 60.1	= 0.9	= 0.3	= 2.2	= 0.7	= 11.7

Portion size - Primary – 200g