



Curried Leek and Tattie Soup

In the bag:

- Onion
- Garlic
- Celery
- Carrots
- Leeks
- Potatoes
- Spice bag
- Vegetable stock cube/s

You'll also need:

- Chopping board
- Sharp knife
- Medium sized pot with lid
- Wooden spoon
- Blender or stick blender (optional)
- A dash of vegetable oil
- 1 pint (600ml) cold water

Method:

You can finely chop or grate the vegetables for this soup or roughly chop then blend once it's cooked.

- Prepare the vegetables: peel and chop the **onion** and **garlic** and wash and chop or grate the **celery** and **carrots**. Remove the outer leaf of the **leeks**, cut lengthways to the base and wash under running water to remove any soil then slice them. Scrub and chop the **potatoes**
- Heat **oil** in the pot over a low heat – add the **onion** and fry gently until soft
- Add the contents of the **spice bag** and the **celery**. Fry for a further minute or two then add the **carrot** and cook for another two minutes
- Add the **leeks** followed by the **garlic**. Cook for two minutes more
- Add the **potatoes**
- Sprinkle in the **stock cube** and add 1 pint (600ml) water – mix the soup well
- Turn the heat up and bring the mixture to a bubble before reducing the heat. Cover the pot with a lid and cook for 15-20 minutes (or until potatoes are soft) – stir occasionally and add a little water if the soup becomes too dry
- If you like a smoother soup then finish by blending

More about your Leek and Tattie Soup

This soup can be served chunky or smooth depending on your taste.

It is delicious with a little **cream**, **crème fraiche** or **milk** added at the end.

You can even add a little smoked haddock or mackerel when you add the stock for a smoky Cullen Skink.

This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake #AtLeastFiveADay
#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 1 medium onion
- 2 cloves garlic
- 2 sticks celery
- 2 small or 1 large leek
- 2 small or 1 large potato
- 1 teaspoon curry powder
- Vegetable stock cube/s (2 Oxo or 1 Knorr)

Make it in the slow cooker?

Just put all the ingredients in the slow cooker and cook on:

- high for 4 hours or
- low for 6 hours

#SpiceNotSalt #CookOnceEatTwice
#CommunityCooking