East End Flat Pack Meals Recipe supporting the Thrive Under 5 Project

NHS Greater Glasgow and Clyde

Please note: this recipe is not suitable for children under 1 as contains stock cubes.

Follow link below for recipes and advice for when it's time to introduce solid foods to your baby:

https://www.nhsggc.scot/your-health/early-years/starting-solids

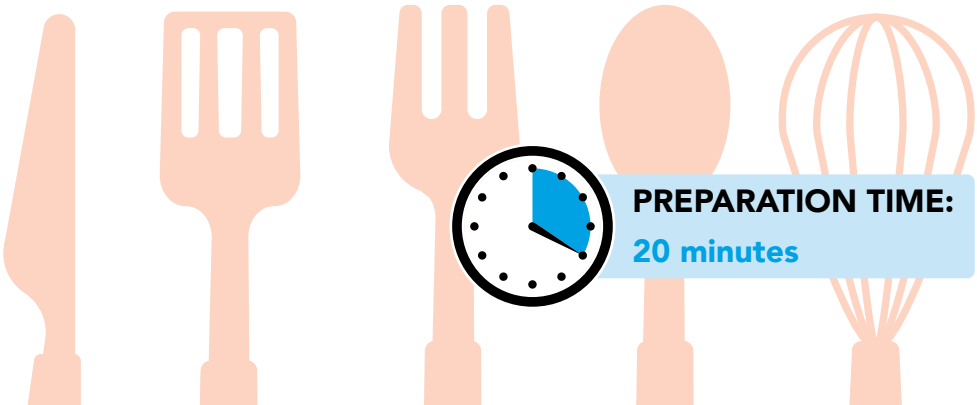
LEEK and POTATO SOUP

INGREDIENTS (SERVES 4)

- **1** Leek
- **1** Onion
- **500g/ 3** large potatoes
- **2** Vegetable stock cubes
- **1** Tablespoon of vegetable oil (not supplied)
- **1** Litre of water (for stock)

EQUIPMENT NEEDED

- Chopping board
- Sharp knife
- Potato peeler
- **1** Medium-sized pot
- Soup ladle/ spoon
- Measuring jug
- Hand blender (optional)
- Sieve



PREPARATION TIME:
20 minutes

METHOD

1. Finely chop the leek and then wash using the sieve. Peel and dice the onion. Add the vegetable oil to the pot, followed by the onion and leek, and gently fry both on a medium heat for **5 minutes.**
2. Peel potatoes and chop into small cubes. Add **1 litre** of boiling water to a measuring jug and carefully crumble the stock cubes in to the water. Stir until stock cubes are completely dissolved.
3. Then add the hot stock and the potatoes to the pot with the onions and leek and stir.
4. Simmer for **30 minutes** (or until potatoes are soft).
5. Add more water if necessary to achieve desired consistency.
6. Use the hand blender if you prefer a smoother consistency (remove from heat and allow to cool before blending).



ALLERGY INFORMATION:

Stock cubes may contain celery.