



Creamy Leek and Potato Soup

with Parmesan Crisps

A velvety potato and leek soup, topped with golden parmesan crisps and fragrant spring onion oil. Served with warm sourdough rolls, this dish is cosy and comforting.



40 minutes



4 servings



Vegetarian

FROM YOUR BOX

LEEK	1
MEDIUM POTATOES	800g
PARSNIPS	2
GARLIC CLOVES	2
PARMESAN CHEESE	1 packet
SOYDOUGH ROLLS	2 x 2-pack
SPRING ONIONS *	1 bunch

FROM YOUR PANTRY

oil for cooking, salt and pepper, 2 vegetable stock cubes, red wine vinegar

NOTES

Rinse the sliced leek in a colander to remove an excess sand.

Add extra vegetables like zucchini or cauliflower or cannellini beans to bulk out soup.

Not a fan of blended soups? Skip the blender for a rustic version.

*The chives in this dish have been replaced with spring onions due to unavailability.

No gluten option – soydough rolls are replaced with GF bread.

1. SIMMER THE SOUP

Set oven to 200°C.

Slice **leek** (see notes), peel and dice **potatoes** and **parsnips** (2–3cm), and crush **garlic**. Heat a large saucepan with **oil**, sauté vegetables for 2–3 minutes until fragrant. Add **2 crumbled stock cubes** and **1L water**. Cover, bring to a boil and simmer for 20 minutes or until vegetables are soft.

TIP *Add a pinch of thyme, rosemary, or nutmeg while simmering for extra depth. You can use a stock paste or liquid stock instead of the stock cubes.*

2. MAKE THE PARMESAN CRISPS

Place **1 tbsp heaps of parmesan**, spaced 5cm apart on a lined oven tray. Bake for 6–8 minutes until golden and melted. Remove and allow to cool and crisp. Add **soydough rolls** to oven in final 5 minutes to warm through.

TIP *For extra flavour, sprinkle parmesan piles with pepper, paprika, or dried herbs before baking. Instead of making the parmesan crisps, you can blend 1/2 the parmesan in the soup and use some for garnish.*

3. BLEND THE SOUP

Remove soup from heat. Use a stick mixer or blender to blend the **vegetables** and **stock** until smooth. Season with **salt and pepper** to taste.

TIP *Stir in a splash of milk or cream for added richness.*

4. FINISH AND SERVE

Finely slice **spring onions** (to yield 1/2 cup), mix with **2 tbsp olive oil** and **1 tbsp vinegar**. Divide **soup** among bowls. Spoon over **spring onions** (use to taste) and top with **parmesan crisps**. Serve with warm **soydough rolls**.

This recipe has simplified instructions to help lower your meal cost.