

LEEK & PEAR SOUP

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2 leeks.
2 pears.
2 medium potatoes OR kumera.
1 medium onion.
4 cups of chicken stock.
½ cup of lite coconut cream/milk.
1 Tbsp olive oil.
Salt and pepper, to taste.
Natural yoghurt, to garnish
Freshly chopped chives, to garnish.



Potato & Leek Soup with a Kick

Preparation Instructions:

Remove the dark outer leaves from the leeks and discard. Wash well to remove any dirt from between layers and chop fine.

Peel and chop the onions, pears and potatoes/kumera.

In a saucepan, add oil and gently sauté the onion and leek until soft.

Add pears, potatoes and chicken stock, bring to the boil, and simmer for 30 minutes or until the potatoes are tender.

Purée in a blender until smooth, reheat in a clean saucepan, then add the coconut cream, salt and pepper. Thin slightly with milk if required.

Serve with an swirl of yoghurt and freshly chopped chives.