

Cauliflower and Leek Soup

Ingredients:

4 tablespoons of oil

3 cloves of garlic, peeled and chopped

1 brown onion, peeled and chopped

4 potatoes, peeled and chopped

1 leek, sliced and washed

1 cauliflower, chopped

2 litres of water

2 stock cubes (dissolved in the 2ltrs of water)

Salt and pepper to taste

Method:

1. Heat oil in a large pot, cook garlic and onion for 1 minute, add leeks, potatoes, cauliflower and stock mix.
2. Cook on a low heat for about 25minutes (or until potatoes are soft)
3. Blitz with a stick blender and season with salt and pepper.
4. Serve into 4 bowls.