



Creamy Leek & Potato Soup

with Parmesan & Wholemeal Panini

NEW

Grab your Meal Kit with this symbol



Potato



Carrot



Celery



Leek



Herb & Mushroom Seasoning



Garlic Paste



Cream



Vegetable Stock Powder



Wholemeal Panini



Grated Parmesan Cheese



Parsley



Grated Parmesan Cheese

Prep in: 10-20 mins
Ready in: 30-40 mins

What's the best way to warm up over the cooler months? A bowl of comforting, homemade soup of course! This one's super easy, all pulled together in one pot. Simmer hearty veggies in cream and stock for flavour and richness, and serve with crusty bread for dunking.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Plain Flour

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
celery	1 stalk	2 stalks
leek	1	2
butter*	20g	40g
herb & mushroom seasoning	1 sachet	2 sachets
plain flour*	1 tsp	2 tsp
garlic paste	1 small packet	1 medium packet
cream	½ packet	1 packet
vegetable stock powder	1 large sachet	2 large sachets
water*	2 cups	4 cups
wholemeal panini	2	4
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (793Cal)	670kJ (160Cal)
Protein (g)	20.7g	4.2g
Fat, total (g)	41.9g	8.5g
- saturated (g)	24.3g	4.9g
Carbohydrate (g)	79.3g	16g
- sugars (g)	23.3g	4.7g
Sodium (mg)	1984mg	401mg
Dietary Fibre (g)	11.1g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3521kJ (842Cal)	694kJ (166Cal)
Protein (g)	25g	4.9g
Fat, total (g)	45.3g	8.9g
- saturated (g)	26.5g	5.2g
Carbohydrate (g)	79.4g	15.6g
- sugars (g)	23.5g	4.6g
Sodium (mg)	2076mg	409mg
Dietary fibre	11.1g	2.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Cut **potato** and **carrot** into 1cm chunks.
- Roughly chop **celery** and **leek**.



Finish the soup

- Add **cream** (see ingredients), **vegetable stock powder** and the **water** and bring to the boil.
- Reduce heat to medium and simmer, until slightly reduced, **15-20 minutes**. Season with **salt** and **pepper**.
- Before serving, toast or grill **wholemeal panini** to your liking, then drizzle with **olive oil**.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add the **butter**, **potato**, **carrot**, **leek** and **celery** and cook until tender, **3-4 minutes**.
- Add **herb & mushroom seasoning**, the **plain flour** and the **garlic paste** and cook until fragrant, **1 minute**.



Serve up

- Divide creamy leek and potato soup between bowls.
- Sprinkle with **grated Parmesan cheese**. Tear over **parsley**.
- Serve with wholemeal panini. Enjoy!

Custom Recipe: If you've doubled grated Parmesan cheese, sprinkle over extra cheese as above.

Rate your recipe

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