

Creamy Leek & Potato Soup with Parmesan & Wholemeal Panini





Pantry items Olive Oil, Butter, Plain Flour

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.

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 Desine		

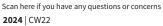
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3521kJ (842Cal)	694kJ (166Cal)
Protein (g)	25g	4.9g
Fat, total (g)	45.3g	8.9g
- saturated (g)	26.5g	5.2g
Carbohydrate (g)	79.4g	15.6g
- sugars (g)	23.5g	4.6g
Sodium (mg)	2076mg	409mg
Dietary fibre	11.1g	2.2g

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!







Get prepped

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



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**.



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**.



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.

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