



# LEEK AND SWEET POTATO

*Soup*

## Ingredients:

1 tsp olive oil

1 clove of garlic, crushed

½ tsp thyme leaves

1 small leek, sliced thinly

1 small sweet potato (200g), chopped coarsely

2 cups vegetable stock

½ green onion to serve

## Method:

- Heat oil in a small saucepan: cook garlic, thyme and leek until soft.
- Add potato and stock and bring to the boil. Reduce heat and simmer uncovered for 15 minutes.
- Blend or process mixture until smooth and serve topped with onion.