Leek and Sweet Potato Soup

Kitchen Club

Ingredients

- 1 knob of butter or drizzle of oil
- 4 leeks, roughly chopped
- 1 large sweet potato, peeled and cut into chunks
- 1 vegetable stock pot or cube
- pumpkin seeds and sesame seeds
- handful chives or parsley, chopped
- To serve, crusty bread

Method

1. Heat the oil or butter in a pan. Add the leeks and sweet potato and coat. Put the lid on and sweat for 10 minutes, stirring occasionally over a low heat.
2. Add enough water to just cover and the stock, stir well. Gently simmer for 25 minutes or until the vegetables are soft.
3. Meanwhile, fry the pumpkin and sesame seeds in a dry frying pan over a low heat, stirring regularly so they don't catch, until lightly browned. Set aside.
4. Blend until smooth and season to taste. Scatter with the toasted seeds and herbs and serve with crusty bread.