

LEEK, FENNEL, CELERY & APPLE SOUP



MINUTES TO PREPARE

5



MINUTES TO COOK

25



SERVES

4

INGREDIENTS

2 large leeks, roughly chopped
200g fennel, core and fronds removed, diced

2 stalks celery, ends removed and diced

1 apple, peeled, cored and diced

3 cloves of garlic, peeled and diced

1 tablespoon rapeseed oil

75ml white wine

550ml water

2 teaspoons vegetable bouillon

Freshly ground black pepper

You will need a large saucepan and a blender (Hand blender, Nutri bullet, or a food processor).

LET'S GET COOKING

- 1 Place the oil in a large saucepan over a medium heat. Add the leeks, fennel and celery and sauté for 10 minutes, taking care not to let the vegetables burn. If the vegetables look as though they are catching, turn down the heat.
- 2 Add the apple and garlic and sauté for a further 10 minutes.
- 3 Add the boiled water and vegetable bouillon. Bring to a simmer and cook for 5 minutes.

- 4 Blend with a hand blender until smooth. If you are using a food processor or NutriBullet leave to cool slightly before blending.

- 5 Serve hot with a grind of black pepper.

"A plain vegetable soup without too much fuss can be one of life's simple pleasures. The fennel and apple here balance the oniony flavour of the leeks, whilst adding sweetness and a light lift. It's key to sauté down all the vegetables first to take away their sharpness, leaving you with a subtleness which is perfect for any lunch or light dinner."