

# Leek and Potato Soup

## with Cheese Croutons

hellóchef

Did you know that the famous French dish, Vichyssoise, is simply leek and potato soup, served cold?

Cals 957 • Prot 32 • Carbs 106 • Fat 49

Vegetarian

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2799



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Soup                     | 2 ppl | 3 ppl | 4 ppl |       |
|--------------------------|-------|-------|-------|-------|
| Leeks                    | 3     | 5     | 6     | Piece |
| Potatoes                 | 300   | 450   | 600   | Grams |
| Garlic cloves            | 4     | 6     | 8     | Piece |
| Fresh thyme              | 10    | 20    | 20    | Grams |
| Butter 4*                | 50    | 50    | 100   | Grams |
| Salt                     | 0.5   | 1     | 1     | Tsp   |
| Dried bay leaves         | 1     | 2     | 2     | Piece |
| Vegetable stock cube 15* | 1     | 2     | 2     | Piece |
| Water                    | 900   | 1300  | 1700  | ML    |
| Fresh chives             | 15    | 30    | 45    | Grams |
| Sour cream 4*            | 60    | 90    | 120   | Grams |
| Black pepper             | 0.5   | 1     | 1     | Tsp   |
| Grilled cheese           |       |       |       |       |
| Gruyere 4*               | 60    | 90    | 120   | Grams |
| Dijon mustard 13*        | 6     | 9     | 12    | Grams |
| Grated cheddar 4*        | 60    | 90    | 120   | Grams |
| Vegetable oil            | 1     | 1     | 2     | Tbsp  |

Allergens

\*4 Milk, \*15 Celery, \*13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information Per Serving\*

|                        |            |
|------------------------|------------|
| Energy (kJ/kcal)       | 3989 / 957 |
| Fat (g)                | 49         |
| of which saturates (g) | 32         |
| Carbohydrate (g)       | 106        |
| of which sugars (g)    | 25         |
| Fiber (g)              | 15.2       |
| Protein (g)            | 31.5       |
| Salt (g)               | 2          |

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Wash, trim and finely slice the **leeks** (make sure to remove any grit between the leaves). Peel and chop the **potatoes** into bite-size pieces. Peel and finely chop or crush the **garlic**. Strip the **thyme leaves** and chop them finely.



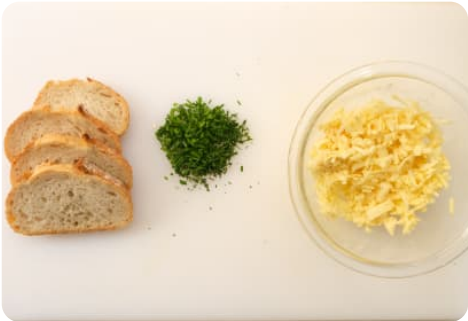
2 Saute leeks

Heat a soup pot over a low heat with the **butter**. Once hot, add the chopped **leeks** with a generous pinch of **salt** and cook, covered, for 7-8 min until very soft but not browned. Once soft, add the **garlic** and **thyme** and cook for 30 secs further.



3 Simmer soup

Add the **potatoes, bay leaves, stock cube** and **water**. Increase the heat to medium and simmer for 20 min until the **potatoes** are falling apart.



4 Prep

Meanwhile, finely chop the **chives** and set aside. Grate the **Gruyere**. Mix the **Dijon mustard** with the **grated Gruyere** and **cheddar**. Sandwich the cheese mixture in between the sourdough slices.



5 Fry croutons

Heat a drizzle of **oil** in a pan over a medium heat. Add the cheese sandwiches and place a smaller pan directly on top of them. Place a heavy weight (e.g. several cans) onto the smaller pan and fry for 2-3 min per side until golden. Remove the pan from the heat. Leave the sandwiches in the pan, covered, to keep warm.



6 Blend

Once ready, remove the **bay leaves** from the soup. Use a hand-held blender to puree the soup until smooth. Add the **sour cream**, chopped **chives** and a generous grind of **black pepper**. Transfer the sandwiches to a chopping board and chop them into large croutons. Divide the soup among bowls and top with the cheese croutons.