

Fruit & Vege Co-op



Leek

STORAGE	PREPARATION
<ul style="list-style-type: none">- Choose leeks with as much white as possible.- Up to a week in the fridge.	<ul style="list-style-type: none">- Remove the 2 outer layers.- Cut off the roots and trim the green top parts.- Split leeks in ½ lengthwise and rinse under tap to remove dirt.- Slice thinly so you have little half circles.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Fry equal quantities of sliced leeks and grated carrots into a little margarine or oil.- Add a dressing of 2 tsp honey, 2 tsp wholegrain mustard and 2 Tbsp lemon juice.	<ul style="list-style-type: none">- Add leeks to casseroles, stews, soups.- Use leeks instead of onions in many dishes.- Leek quiche and leek and potato soup are great recipes.
COOKING	
<ul style="list-style-type: none">- Boil whole baby leeks for 10 minutes or until tender.- Stir-fry sliced leeks for 5 minutes – should be still crunchy.- Cook sliced leeks in a little vegetable stock or water.	

RECIPE: Leek, Potato and Sage Soup (Serves 4)

2 tablespoons olive oil
2 leeks
3 large potatoes
750ml vegetable stock
2 teaspoons dried sage



FACT: Did you know Leeks help keep your bones healthy and strong as they are high in Vitamin K

1. Wash and chop into small cubes leeks and potatoes.
2. Heat a saucepan then add oil. Add leeks and cook for 5 minutes until softened.
3. Add potatoes, stock and sage. Bring to the boil then lower heat. Simmer for 10 minutes, or until potatoes are cooked. Remove from heat. Leave to cool for 5 minutes.
4. Blend with a stick blender and pour into bowls. Serve with toasted, wholegrain bread.

Image courtesy of vegetables.co.nz

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op