



UCOOK

Roasted Leek & Garlic Soup

with crispy lentils & a cashew nut cream cheese sarmie

A hearty and wholesome roasted garlic and leek soup, served with a smooth cashew nut cream cheese grilled sarmie! Sprinkled with crispy lentils and fresh parsley. Dunking this melty sandwich into the rich soup is a taste sensation you won't soon forget!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Niel Joubert | Sauvignon Blanc

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100g	Leeks <i>trimmed at the base & halved lengthways</i>
1	Garlic Clove
60g	Lentils <i>drained & rinsed</i>
10ml	Vegetable Stock
250g	Potato Chunks <i>cut into bite-sized chunks</i>
100ml	Coconut Cream
2 slices	Artisanal White Bread
30ml	Cashew Nut Cream Cheese
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender

1. THE ROAST WITH THE MOST Preheat the oven to 200°C. Boil the kettle. Rinse the halved leeks thoroughly and cut into 2-3cm chunks. Place the leek chunks and the whole, unpeeled garlic clove on a roasting tray. Coat in oil, and season. On a separate roasting tray, place the drained lentils. Coat in oil, season, and spread out in a single layer. Roast both trays in the hot oven for 15-20 minutes until the leeks are cooked through and the lentils are crisping up, shifting halfway.

2. BOILING HOT Place a pot over a medium-high heat. Add the veg stock, and 200ml of boiling water. Add the potato chunks. Once boiling, reduce the heat and simmer for 10-15 minutes until the potatoes are soft (do not drain the liquid!).

3. IT'S SOUP-ER When the leeks are done roasting and the potatoes are done boiling, remove the garlic clove from the tray, and carefully squeeze out the flesh into a blender. Add the roasted leeks, the coconut cream, the boiled potatoes and the potato cooking liquid. Pulse until smooth, adding more warm water if necessary. Return to the pot, season, and cover to keep warm.

4. NOT YOUR AVERAGE GRILLED CHEESE Smear one of the bread slices with the cream cheese on one side. Top with the other slice, to create a sandwich. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the sandwich and fry for 4-6 minutes, until starting to brown, flipping halfway. On completion, slice the sandwich in half.

5. SOUP'S UP! Bowl up a generous helping of the roasted leek and garlic soup. Top with the crispy lentils and sprinkle over the chopped parsley. Side with the toasted cream cheese sandwich and get dunking!

Nutritional Information

Per 100g

Energy	596kJ
Energy	142Kcal
Protein	5g
Carbs	20g
of which sugars	2.2g
Fibre	3.9g
Fat	4.8g
of which saturated	2.9g
Sodium	231mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 1
Day