



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: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Veggie

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

300g	Leeks <i>trimmed at the base & halved lengthways</i>
3	Garlic Cloves
180g	Lentils <i>drained & rinsed</i>
30ml	Vegetable Stock
750g	Potato Chunks <i>cut into bite-sized chunks</i>
300ml	Coconut Cream
6 slices	Artisanal White Bread
85ml	Cashew Nut Cream Cheese
12g	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 cloves 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 20-25 minutes until the leeks are cooked through and the lentils are crisping up, shifting halfway.

2. BOILING HOT Place a large pot over a medium-high heat. Add the veg stock, and 600ml of boiling water. Add the potato chunks. Once boiling, reduce the heat and simmer for 20-25 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 cloves 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 half the bread slices with the cream cheese on one side. Top with the other slices, to create 3 sandwiches. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the sandwiches and fry for 4-6 minutes, until starting to brown, flipping halfway. You may need to do this step in batches. 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