



# WCOOK

## Bacon & Potato Soup

with a cheesy toastie

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Caitlin Swanepoel

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

### Nutritional Info

	Per 100g	Per Portion
Energy	768kJ	4973kJ
Energy	184kcal	1189kcal
Protein	7.3g	47.2g
Carbs	19g	122g
of which sugars	2.9g	19g
Fibre	1.6g	10.7g
Fat	8.9g	57.6g
of which saturated	3.3g	21.4g
Sodium	453mg	2933mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
12 strips	16 strips	Streaky Pork Bacon
600g	800g	Potato <i>rinse, peel &amp; cut into bite-sized pieces</i>
300g	400g	Leeks <i>cut in half lengthways, rinse thoroughly &amp; cut into bite-sized pieces</i>
15ml	20ml	Smoked Paprika
2	2	Chicken Stock Sachets
300ml	400ml	Low Fat UHT Milk
6 slices	8 slices	Farmstyle White Bread
90g	120g	Cheddar Cheese <i>grate</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Milk (optional)  
Butter  
Blender

- BETTER WITH BACON** Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Roughly chop.
- SOUP STARTER** Place a pot over medium heat with a drizzle of oil. When hot, fry the potatoes and the leeks until lightly golden, 5-6 minutes (shifting occasionally). Add the smoked paprika and fry until fragrant, 1-2 minutes. Mix in 1½ [2] sachet of chicken stock and 900ml [1.2] of water. Simmer until the potatoes are soft, 15-20 minutes.
- BLEND THE SOUP** Pour the soup into a blender, add ½ of the bacon, the milk, and pulse until smooth and combined. Return to the pot and season. Place on a low heat until serving. Loosen with water or milk if it's too thick.
- CHEESE TOASTIE** Return the pan to medium heat with a knob of butter. When melted, add 3 [4] of the bread slices. Spread the cheese over and close up with the other slices. Toast until golden and the cheese is melted, 2-3 minutes per side. Cut in half.
- SOUP'S UP!** Bowl up the soup, sprinkle over the remaining bacon, and serve the cheesy toastie on the side. Dig in, Chef!

**Chef's Tip** Simmer the soup gently, avoiding boiling to keep the soup silky, not grainy.