



WCOOK

Bacon & Potato Soup

with a cheesy toastie

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

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 1	[Serves 2]	
4 strips	8 strips	Streaky Pork Bacon
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
100g	200g	Leeks <i>cut in half lengthways, rinse thoroughly & cut into bite-sized pieces</i>
5ml	10ml	Smoked Paprika
1	1	Chicken Stock Sachet
100ml	200ml	Low Fat UHT Milk
2 slices	4 slices	Farmstyle White Bread
30g	60g	Cheddar Cheese <i>grate</i>

From Your Kitchen

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

1. 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.

2. 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 ½ [1] sachet of chicken stock and 300ml [600ml] of water. Simmer until the potatoes are soft, 10-15 minutes.

3. 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.

4. CHEESE TOASTIE Return the pan to medium heat with a knob of butter. When melted, add 1 [2] of the bread slice/s. Spread the cheese over and close up with the other slice. Toast until golden and the cheese is melted, 2-3 minutes per side. Cut in half.

5. 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.