

Leek & Sweet Potato Soup

A simple twist on the classic, this soup is incredibly simple and yet full of flavour. Soups are a great way to ‘meal prep’ as they last really well and can be portioned easily to enjoy throughout the week. The seeds can be swapped with (or in addition to) crispy chickpeas, tofu or feta for variety!

Serves 2-3

Prep time 5 minutes,
cooking time 25-30 minutes

Ingredients

3 medium sweet potatoes
1 large leek
1 tbsp fresh thyme
3 garlic cloves
1 tbsp sunflower seeds
½ tsp tamari/soy sauce
750ml vegetable stock
Olive oil
Salt & pepper

Top and tail the leek, then cut into rounds about ½ cm thick. Crush or finely chop the garlic cloves and remove the thyme leaves from the stalks. Peel the sweet potatoes and cut into chunks.

Place a large pot over a medium heat and add a drizzle of olive oil. Add the leeks and a pinch of salt and stir regularly to prevent catching. When the leeks start to soften, add the garlic and thyme and cook for another 2 minutes.

Then add the sweet potatoes and two thirds of the vegetable stock. Cover with a lid and let it simmer gently for around 20 minutes until the potatoes are soft when pressed with a fork.



In the meantime, add the sunflower seeds to a pan with ½ tsp of tamari/soy sauce and a small amount of olive oil. Toast the seeds for a few minutes until brown and slightly crispy.

Carefully transfer everything to a blender and blend until smooth. Use the remaining stock to thin the soup to your desired consistency.

Return the soup to the pan to warm through, then top with the toasted seeds to serve.