

Braised leeks with thyme



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Preparation: about 20 minutes
Cooking: about 25 minutes
Serves: 4 as a side dish

6 small leeks, trimmed
2 tbs olive oil
50g butter
½ cup dry white wine
1 cup chicken stock
2 garlic cloves, sliced lengthways
1 bay leaf
6 small sprigs of thyme
Salt and ground black pepper

1. Cut the green top off the leeks (discard or add to stock). Cut the top of each leek halfway down the stem and fan the layers. Rinse in cold water to remove any soil. Pat leeks dry with paper towel.
2. Heat oil and butter in a large frying pan over medium heat. Add leeks and cook, tossing for 2 minutes. Add wine and cook for 1 minute. Add stock, garlic, bay leaf and thyme. Stir to combine. Cover and simmer, turning once, over medium-low heat for 15-20 minutes until tender. Season with salt and pepper and serve.



Leeks

- A good source of dietary fibre, which helps prevent constipation.
- The green parts of the leek are a source of several members of the carotenoid family, including beta carotene which functions in the body as an antioxidant.
- Leeks are also a good source of vitamin C, one of the antioxidant vitamins needed to preserve healthy membranes around every body cell.