

Leek, celeriac & chicken soup



Leek, celeriac & chicken soup

Preparation: about 25 minutes

Cooking: about 45 minutes

Serves: 4-6

For ease use the flesh of a take-away barbecued chicken.

2 tbs olive oil

2 medium leeks, trimmed, halved lengthways and thinly sliced

2 garlic cloves, finely chopped

1 small celeriac (about 750g)*, trimmed, peeled and diced

450g Désirée potatoes, peeled and diced into 2cm pieces

6 cups chicken stock

2 cups shredded cooked chicken

1 tbs finely chopped dill

2 tsp lemon juice

Salt and ground black pepper

Thick wholegrain toast, to serve

* about 400g diced celeriac is required. Place celeriac in a bowl of water with lemon juice added to prevent browning.

1. Heat oil in a large saucepan over medium heat. Add leeks and garlic and cook, stirring often, for 5-7 minutes until leeks soften.
2. Add celeriac, potatoes and stock to the pan. Increase heat to medium-high, cover and bring the boil. Reduce heat and simmer, partially covered, for 20-25 minutes until vegetables are tender.
3. Puree soup until smooth. Stir through chicken, dill and lemon juice. Heat, stirring occasionally, over medium heat until hot. Season with salt and pepper to taste. Serve with thick wholegrain toast.

Celeriac

- Comes top of the class for its high dietary fibre content. This helps promote a healthy intestine.
- Provides vitamins, including riboflavin (vitamin B2 and needed for healthy skin) and vitamin C (helps protect the body against infections).