





Leeks

Leeks are a member of the onion family. Leeks can help to boost the immune system and lower cholesterol levels.

1 portion = 1 small leek

Recipe
developed by
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Community Chef

How to prepare

Leeks need to be washed before use to remove soil/grit from between layers. Keep the root end in place and cut the leek in half lengthways, then fan out layers and wash thoroughly under cold running water. Slice leek with a sharp knife.

How to cook

Boil: place chopped leeks in boiling water and cook for 8-10 minutes or until soft.

Steam: steam leeks for 8–10 minutes.

Stir-fry: place finely sliced leeks in a frying pan with 1 teaspoon of oil and stir-fry for 4 minutes or until soft and wilted.

Recipe ideas

- Add boiled or steamed leeks to macaroni cheese.
- Stir-fry 1 sliced leek with 1 sliced courgette and 4 sliced mushrooms. Stir in 2 tablespoons of crème fraiche and 1 tin of mackerel or sliced ham/bacon and serve with pasta.



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