**Leek, potato & cavolo nero soup – made with leek vegetable stock, and topped with potato rose centre**

**Serves 2-4**

**Cost per serve = £0.72 for 2 people, or £0.48 for 3 people**

**Soup Ingredients**

* 15g margarine (vegan, dairy-free), or butter
* 2.5 leeks – whites (approx. 250g), washed and sliced lengthways, and then into half-moons. (Save the green leaves for the vegetable stock, and leek ‘hearts’ for Leek heart & Spelt salad)
* 190g waxy potatoes – e.g. Charlotte, Maris Peer, or Jersey Royals, peeled and cut into cubes
* Sea salt
* 2 garlic cloves, peeled and crushed
* 750ml vegetable stock (bouillon, or use the leek leaf vegetable stock (see separate recipe)
* 100g cavolo nero
* 2 tbsp coconut cream (vegan, dairy-free), or crème fraiche – optional
* White pepper
* Chilli flakes (optional)

**Soup method**

* First make the leek vegetable stock (see separate recipe).
* Melt the margarine or butter in a large saucepan over a low heat.
* Add the leeks, chopped potatoes and a pinch of salt, then cook over a gentle heat for 10 minutes, or until the leeks have softened.
* Add the garlic and cook for approximately 1 minute.
* Pour in the stock. Simmer on low heat for 10-12 minutes, and until the potatoes have softened.
* Add the cavolo nero and cook just until it has wilted, approx. 2-3 minutes.
* Using a handheld stick blender, blend until smooth. If adding cream, stir in the coconut cream or crème fraiche. Add more stock if you like your soup not too thick.
* Season to taste with white pepper, and salt
* Divide the soup between serving bowls, and top with the potato rose centre (see separate recipe).
* Top with a sprinkling of chilli flakes, if desired.

**Potato rose**

**Potato rose ingredients**

* 1 large potato, peeled and sliced into super fine round slices using a mandolin, or a knife
* 3 tbsp of margarine (vegan, dairy-free), or butter
* ½ tsp salt
* ½ tsp black pepper

**Potato rose method**

* Pre-heat the oven to 180 degrees Celsius
* Melt 2 tbsp of the margarine or butter over a gentle heat
* Place the thinly sliced potatoes in a bowl
* Add the melted margarine or butter and toss the potatoes until they are all coated
* Add salt & pepper
* Toss potatoes again, until mixed through
* Lightly grease a muffin tray with the remaining margarine or butter
* Lay the slices of potato one on top of the other into a muffin hole, layering up until they reach the top
* Bake in the oven until they are golden, about 30-40 minutes