

MARLEY SPOON



FAST

Leek and Potato Soup

with Moroccan Beef



30-40min



4 Portions

Leek and potato pureed together make for a filling, satisfying soup. The veggies have plenty of natural sweetness, which creates the perfect canvas for a sautéed beef topping. With ras el hanout, raisins and almonds, the beef has an edge of spice and lots of nutty interest and a sprinkling of fragrant mint makes for a fresh finish.

What we send

- beef mince
- mint
- chicken-style stock cube
- ras el hanout spice blend ^{1,17}
- potato
- slivered almonds ¹⁵
- onion
- celery
- leek
- dried raisins

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- large frypan
- large saucepan
- stick blender or food processor

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Prior to chopping, give the pale part of the leek a good rinse under running water to remove any hidden dirt. ~Take care when blending the soup as it will be very hot.

Allergens

Gluten (1), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 725kcal, Fat 40.8g, Carbs 38.8g,
Proteins 45.8g



1. Prepare vegetables

Read through the recipe. Halve the **leek** lengthwise and thinly slice the pale stem, discarding any dark green stem or leaves (see cooking tip). Thinly slice the **celery**. Coarsely chop the **onion**. Peel and cut the **potatoes** into 2cm chunks.



2. Cook vegetables

Heat **2 tbs olive oil** in a large saucepan over medium heat. Cook the **leek, celery** and **onion**, stirring occasionally, for 5 mins or until softened.



3. Add stock

Meanwhile, crumble the **stock cubes** into a heatproof jug, add **1.75L (7 cups) boiling water** and stir to dissolve. Add the **potato** and **stock** to the pan and bring to a simmer. Reduce the heat to low and cook for 15 mins or until the vegetables are very tender.



4. Cook beef

Meanwhile, heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the **beef mince**, breaking up the lumps with a spoon, for 2 mins or until browned.



5. Add spices

Add the **almonds, raisins** and **1 tbs ras el hanout**** to the **beef**. Cook, stirring, for 5 mins or until the beef is beginning to crisp. Season with **salt and pepper**.



6. Get ready to serve

Thinly slice the **mint leaves**, discarding the stems. Using a stick blender or food processor, blend the soup until smooth (see cooking tip). Taste, then season with **salt and pepper**. Divide the **soup** among bowls. Spoon over the **beef** and scatter with the **mint** to serve.