

## **Leek, Sweet Potato & Pea Purée (Makes 6 portions)**

### **Ingredients**

50g/2oz leeks, washed & sliced

400g/14oz sweet potato, peeled and chopped\*

300ml/10fl.oz vegetable stock

55g/2oz frozen peas\*

\* may need to count as exchanges

### **Method**

1. Put the leek and chopped sweet potato in a saucepan, pour over the vegetable stock and bring to the boil.
2. Cover and simmer for 15 minutes.
3. Add the peas and continue to cook for 5 minutes.
4. Purée in a blender.