



HELPING KEEP TASSIE KIDS HEALTHY!

Potato and Leek | **Green recipe**

Serves 8-10

Ingredients:

2 fresh leeks
1kg potato (preferably Dutch Cream) chopped roughly
1 litre stock made from Massel Chicken stock cubes
Canola spray
2 cloves garlic
Pepper

Method:

Spray pot with canola spray and fry leeks and garlic. Add potatoes and stock and bring to the boil. Season with pepper. Turn down and cook until the potatoes are soft. Process until smooth.

Pumpkin | **Green recipe**

Serves 10-12

Ingredients:

1 tbs oil
2 onions, sliced
1 clove garlic, crushed
1 stick celery (optional), chopped
6 sprigs parsley, chopped
3 litres of cold water
3 potatoes, peeled, chopped into chunks
1kg pumpkin (Jap, Kent if possible) peeled and chopped into chunks

Method:

Heat oil in a large pot. Fry onion, garlic, parsley and celery approx 10 minutes until soft. Add potatoes and pumpkin and stir in. Add water, cook until tender. Puree until smooth.