

Roasted tomato & leek soup



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Preparation 20 mins + cooling time | Cooking 45 mins | Serves 4-6

- 1 kg ripe Roma (egg) tomatoes, halved lengthways
- 2 leeks, trimmed and cut into 2cm pieces
- 8 whole garlic cloves
- Olive oil cooking spray
- 1 tbs olive oil
- 2 tbs tomato paste
- 3½ cups vegetable or chicken stock
- Pinch sugar
- ½ cup basil leaves, torn
- Small basil leaves and char-grilled bread, to serve

STEP 1 Preheat oven to 180°C/160°C fan-forced. Line a large baking pan with baking paper. Arrange tomatoes (cut-side up), leeks and garlic in pan. Liberally spray with oil and toss to evenly coat. Season well with sea salt and black pepper. Roast, tossing once, for 35-40 minutes until very tender and slightly caramelised. Remove from oven and cool for 20 minutes. Remove garlic from pan and squeeze to remove flesh. Set aside.

STEP 2 Heat 1 tbs oil in a large saucepan over medium heat. Add tomato paste and cook for 1 minute. Add tomato mixture to pan (including pan juices), stock, sugar, basil and garlic.

STEP 3 Using a hand-held blender, puree soup until smooth. Season with salt and pepper. Bring to the boil over medium heat. Ladle into serving bowls, sprinkle with small basil leaves and serve with char-grilled bread.

Good for you... LEEKS

A good source of dietary fibre, which helps prevent constipation. The green parts of the leek are a source of several members of the carotenoid family, including beta carotene which functions in the body as an antioxidant. Leeks are also a good source of vitamin C.

