

# Leek



## Available

All year round. Limited supply from November to February.

## Buy

Choose medium stems with fresh green tops and lots of white stem.

## Store

In the vegetable bin in the fridge.

## Prepare



Wash to remove any soil.



Slice off the root end.  
Cut in half.



Cut into even lengths.



Slice stems and leaves.

## Cook

Can be:



Steamed



Stir-fried



Baked



Soup



# Leek and lemon risotto

(serves 4)

## Ingredients

6 cups water  
2 stock cubes  
2 tablespoons oil  
1 leek, washed and chopped  
2 cloves garlic, crushed  
1 cup short grain rice (risotto rice)  
1 tablespoon lemon zest  
2 tablespoons lemon juice

## Method



1 In a pot boil the water. Add the stock cubes. In a separate pot, heat the oil and gently cook the leeks and garlic until soft.



2 Increase the heat and add the rice to the leeks. Continue to cook for 2 minutes. Then add 1 cup of stock.



3 Once the stock is absorbed, add the next cup. Continue to add until the rice is cooked and has a thick consistency.



4 Add the lemon zest and juice and stir through. Serve.

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