



Braised Leeks

Serves 4

INGREDIENTS

500g baby leeks
1 dessert apple, peeled, cored, and cut into 8 pieces
439g can red kidney beans, drained
1 clove garlic, crushed

Sauce:

64g can tomato puree
30ml oil
5g ground coriander
150ml hot water
50ml **Karimix Vegetable Stock***
Salt and freshly ground black pepper
Coriander or parsley leaves for garnishing

*Dilute **Karimix Vegetable Stock** * concentrate to required amount

METHOD

1. Put the leeks in a large flameproof casserole. Add the apple, beans and garlic.
2. Mix the sauce ingredients together, seasoning with salt and pepper to taste, and pour into the casserole.
3. Cover and cook gently for 20 to 25 minutes, until the leeks are just tender.
4. Garnish with coriander or parsley and serve hot.