

jamie oliver

Roasted baby leeks with thyme

A LOVELY LATE-SPRING TO SUMMER SIDE

**SERVES: 4****COOKS IN: 20 MINUTES****DIFFICULTY: SUPER EASY**

Ingredients

20 baby leeks

olive oil

red wine vinegar

1 teaspoon chopped fresh thyme leaves

2 cloves garlic , peeled and sliced

Method

1. Preheat your oven to 200°C/400°F/gas 6. I like to serve 4 or 5 baby leeks per person, depending on their size. Lightly trim both ends and peel back the first or second layer of leaves and discard. Drop the leeks in a pan of boiling salted water for 2 to 3 minutes to soften - this is called blanching. Drain them well (if there's too much water in them they won't roast properly) and toss in a bowl with a good lug of olive oil, a splash of red wine vinegar, the chopped thyme leaves and the garlic. Arrange the leeks in one layer in a baking tray or earthenware dish and roast in the preheated oven for about 10 minutes until golden and almost caramelized. Keep your eye on them - I've seen many chefs burn baby leeks when cooking them this way and it drives me mad!

NUTRITION PER SERVING

Calories	Fat	Saturates	Protein	Carbs	Sugars	Salt	Fibre
76	5.6g	0.8g	2.2g	4.1g	2.8g	0g	2.9g
4%	8%	4%	5%	2%	3%	0%	-

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