

CARMELIZED LEEKS WITH NOODLES

INGREDIENTS:

- 2 medium leeks
- 1/2 Tbsp expeller pressed coconut oil
- 1 Tbs butter
- 1/2 Tbsp dark brown soft sugar (I use Florida Crystals or Sucanat)
- 5 ounces (150 g) noodles
- 2 heaping Tbsp chopped fresh parsley
- 1 tsp extra-virgin olive oil
- Salt and black pepper to taste

PREPARATION:

Split the **leeks** lengthways and wash each layer thoroughly. Slice across into thin strips, including the green part.

Heat the **coconut oil** together with the butter over a gentle heat. When the butter has melted, add the **leeks** and toss well. Cook slowly, uncovered, for about 10 minutes or until the **leeks** start to soften.

Sprinkle over the sugar. After a couple more minutes, mix well. Continue to cook for 15 to 30 minutes, until the **leeks** have begun to collapse into a sticky mass. Add small amounts of hot water if required to stop sticking.

While the **leeks** are cooking, cook and drain the **noodles**.

When the **leeks** are done, add the parsley, **olive oil**, cooked **noodles** and seasoning to taste. Toss well and serve.

Yield: 2 servings