

Leek Sauce

Prep time 5 minutes
Cook time 5 minutes
Total time 10 minutes

Allergy / Intolerance [Amines](#), [Artificial Additives](#), [Artificial Colours](#), [Dairy](#), [Glutamates](#), [Preservatives](#), [Salicylates](#), [Wheat](#)

Suitable for [Dairy / Lactose Free](#), [Gluten Free](#), [RPAH Elimination Diet - Low Chemical / Failsafe](#)

Meal type [Condiment](#), [Ingredient](#)

Misc [Child Friendly](#), [Pre-preparable](#)

From book [The Failsafe Cookbook](#)

Low Chemical / Failsafe Leek Sauce, suitable as an accompaniment for vegetables or to use in other recipes.

Ingredients

- 1 Quantity Basic White Sauce (Refer to Basics Page)
- 1 Large leek (Finely sliced)
- 1 teaspoon butter or Nutelex
- water

Directions

1. Place the leek in a microwave-proof dish and add water until the leeks are covered. Add the butter to the dish.
2. Microwave on high for 3 minutes, or until the leeks are tender.
3. Drain the liquid from the leeks and stir into the white sauce.

Note

Low Chemical / Failsafe.

Refer here for [Basic White Sauce](#) recipe.