



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

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## Leek with Olive Oil

Zeytinyağlı Pırasa



2.20 pounds leek  
2 big carrots  
1 small onion  
3 tbsp rice  
1/2 cup olive oil  
1 tsp tomato paste  
2 cube sugars  
1 + 1/2 tsp salt

For Garnish;  
7-8 stems of parsley, sliced

- # Put the olive oil into the pot, when it gets hot over medium heat, add finely sliced onion and carrot circles, and roast until the ingredients soften.
- # Add the leek which is cut into 1 inch wide pieces, and roast them all together for a while.
- # Mash the tomato paste in 1 cup water, pour all over the mixture with leek, and cover the lid on, cook for about 10 minutes. Add sugar and salt.
- # Cover the lid on again and cook for 20 more minutes, remove from the stove, don't cover the lid on and let it cool down in the pot.
- # Place the rested warm meal onto the service plate and sprinkle finely sliced parsley all over.

**Note:** If you refrigerate the olive oil dishes overnight for eating them later, olive oil can get jelly. It means that the olive oil you are using is high quality.