

MARLEY SPOON



Green Gazpacho

with Paprika Oil and Crisp Bread

 20min  2 Portions

In southern Spain, balmy nights often mean a bowl of chilled vegetable soup as reprise from the sweltering heat. The nourishing Andalusian classic, known as gazpacho, is traditionally made with a tomato base, but green versions like this one refresh the body with a cooling blend of cucumber, pea and avocado, while tempting the tastebuds with hints of paprika, toasted almonds and mint.

What we send

- green peas
- avocado, Lebanese cucumber
- Lebanese breads ¹
- garlic clove, mint
- slivered almonds ¹⁵
- baby spinach leaves
- smoked paprika
- feta cheese ⁷

What you'll require

- olive oil
- sea salt and pepper
- spray oil
- sugar
- water
- white wine vinegar ¹⁷

Utensils

- large frypan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 635kcal, Fat 36.8g, Carbs 47.0g, Proteins 22.2g



1. Prepare ingredients

Finely chop a **quarter of the cucumber** and reserve to serve. Coarsely chop the **remaining cucumber** and **avocado**. Crush or finely chop the **garlic**. Pick the **mint** leaves.



2. Toast nuts

Put the **almonds** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan and set aside. Reserve the pan.



3. Blend soup

Put the **cucumber, avocado, garlic, mint, peas, spinach, vinegar, sugar, 1 tbs oil** and **375ml (1½ cups) water** in a blender or food processor and puree until smooth. Alternatively, use a stick blender. Season with **salt and pepper**. Chill for 10 mins.



4. Toast bread

Meanwhile, heat the same frypan over high heat. Lightly spray the **Lebanese bread** with **spray oil**. Cook the bread, in batches, for 2 mins each side or until golden and crisp. Remove from the pan and set aside to cool.



5. Prepare paprika oil




Combine the **remaining 1 tbs oil** and **½ tsp smoked paprika** (reserve remainder for another use) in a bowl.



6. Get ready to serve

Break the **crisp bread** into small pieces. Divide the **gazpacho** among bowls. Scatter with the **crisp bread, almonds** and **reserved cucumber**. Drizzle with the **paprika oil**. Crumble over the **feta** and serve with any **remaining crisp bread**.

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 Packed in Australia
from at least 20%
Australian ingredients