



UCOOK

Summer Gazpacho

with crispy croutons, spring onion & basil oil

Our simple take on a classic gazpacho with the added pizzazz of a homemade basil oil. Topped with croutons, baby tomatoes, feta and spring onions - you'll be going back for thirds!


Hands-On Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Anthonij Rupert | Cape of Good Hope Altima Sauvignon Blanc

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Ingredients & Prep

3	Plum Tomatoes <i>trimmed, cored & cut into bite-sized chunks</i>
1	Garlic Clove <i>peeled</i>
1	Onion <i>½ peeled & quartered</i>
50g	Cucumber <i>peeled & cut into bite-sized chunks</i>
30g	Pickled Bell Peppers <i>drained & roughly sliced</i>
10ml	Sherry Vinegar
1	Baguette <i>½ defrosted & cut into bite-sized chunks</i>
5g	Fresh Basil <i>rinsed</i>
100g	Baby Tomatoes <i>halved</i>
30g	Danish-style Feta <i>drained</i>
1	Spring Onion <i>thinly sliced at an angle</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Sugar/Sweetener/Honey
Tea Towel

1. BLEND IT UP Preheat the oven to 200°C. In a blender, combine the tomato chunks, the peeled garlic, the quartered onions, the cucumber chunks and the chopped pickled peppers. Blend until smooth, adding water if necessary. Slowly drizzle in the sherry vinegar and olive oil until a smooth, soup-like consistency. Season to taste with salt, pepper and a sweetener of choice. Place in the fridge to chill until serving.

2. CRISPY CROUTONS In a bowl, combine 2 tsp of oil and some seasoning. Add the bread chunks and toss until fully coated. Place on a roasting tray and roast for 5-7 minutes until golden and crispy, shifting halfway.

3. BRIGHT BASIL OIL Bring a pot of water to the boil. Ready a bowl of ice water. Once the water is boiling, add the rinsed basil leaves and blanch for about 10 seconds. Remove each leaf and dunk in the ice water until cold. Remove from the ice water and roughly tear. Place in a blender with 25ml of olive oil. Blend until smooth and frothy. Strain through a strainer or a tea towel and place in the fridge to cool.

4. TOSS IT TOGETHER In a bowl, mix the crispy croutons, the halved baby tomatoes, a drizzle of olive oil and seasoning. Crumble in the drained feta and toss until fully combined.

5. STUNNING! Bowl up a generous helping of the chilled gazpacho. Top with the crouton salad and sprinkle over the spring onion slices. Drizzle over some basil oil and tuck in!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	322kj
Energy	77Kcal
Protein	3.2g
Carbs	11g
of which sugars	3.1g
Fibre	1.3g
Fat	1.6g
of which saturated	0.8g
Sodium	180mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within
4 Days