



# 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!

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**Hands-On Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Vegetarian

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 Anthonij Rupert | Cape of Good Hope Altima Sauvignon Blanc

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## Ingredients & Prep

|      |                                                                         |
|------|-------------------------------------------------------------------------|
| 12   | Plum Tomatoes<br><i>trimmed, cored &amp; cut into bite-sized chunks</i> |
| 4    | Garlic Cloves<br><i>peeled</i>                                          |
| 2    | Onions<br><i>peeled &amp; quartered</i>                                 |
| 200g | Cucumber<br><i>peeled &amp; cut into bite-sized chunks</i>              |
| 120g | Pickled Bell Peppers<br><i>drained &amp; roughly sliced</i>             |
| 40ml | Sherry Vinegar                                                          |
| 2    | Baguettes<br><i>defrosted &amp; cut into bite-sized chunks</i>          |
| 12g  | Fresh Basil<br><i>rinsed</i>                                            |
| 400g | Baby Tomatoes<br><i>halved</i>                                          |
| 120g | Danish-style Feta<br><i>drained</i>                                     |
| 4    | Spring Onions<br><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 tbsp of oil and some seasoning. Add the bread chunks and toss until fully coated. Place on a roasting tray and roast for 7-9 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 100ml 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