

TALLI'S GAZPACHO



My husband and I used to hate Gazpacho until a holiday in Andalucía 18 years ago, where we had it fresh and totally changed our minds. We then had it every day for breakfast for the rest of the holiday.

I recently went to my friend Talli's for dinner and she served this delicious Gazpacho. Luckily she was happy to share the recipe. Try it.....it's totally delicious – I promise.

QUICK

Less than 15
mins

HEALTHY

Heat can destroy Vitamin C
By eating this raw you retain
the Vitamin C provided by
the tomatoes and peppers

FAMILY

Feeds 5 with
spare

MEALS

I can never make
enough of this soup. It
always gets eaten.

INGREDIENTS

- 1kg tomatoes
- 1/2 cucumber (divide in half)
- 1/2 red pepper (divide in half)
- 1/2 red onion
- 50 ml extra virgin olive oil
- 100ml red wine or apple cider vinegar
- 1 tsp salt

METHOD

- 1) Put it all in a blender (save the 1/4 pepper and the 1/4 cucumber)
- 2) Blitz till smooth then push through a sieve (this is a bit of a faff but is well worth it)
- 3) Taste. Season if needed – may need more salt
- 4) Finely dice the remaining cucumber and pepper
- 5) Serve cold - topped with the diced veg

TOP TIP !

Make double and put half into the freezer
so that it's even quicker next time



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com