

Cold Cucumber & Avocado Soup with Gremolata

Total time **12 mins** 12 mins preparation time

Nutritional facts (per portion):
2143 kJ / 512 kcal

Fat: **40 g** Protein: **13 g**
Carbohydrates: **23 g**

INGREDIENTS

2 portion(s)

500 g kefir
1 avocado
1 long cucumber
1 spring onion
1 bunch of chives
1 bunch of parsley
1 bunch of basil
2 tbsp lime juice
2 tbsp Kikkoman Ponzu Citrus
Seasoned Soy Sauce -
Lemon
4 tbsp olive oil
Gremolata:
1 bunch of parsley
2 cloves garlic
1 tbsp olive oil
1 tbsp grated lemon zest
0.5 tsp pepper

Additionally:

A few red onion slices to
serve

PREPARATION

Step 1

Finely chop garlic and parsley for the gremolata.

Step 2

Mix them with olive oil, lemon zest and pepper. Put
it in the fridge.

Step 3

Cut the washed vegetables into smaller pieces.
Chop the herbs.

Step 4

Blend herbs, vegetables and olive oil with kefir.

Step 5

Season with Kikkoman Ponzu Lemon sauce and
lime juice.

Step 6

Serve with thinly sliced red onion and gremolata.