KIKKOMAN

# Cold Cucumber & Avocado Soup with Gremolata

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

Nutritional facts (per portion):
**2,143 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.