

## **Cold Cucumber & Avocado Soup with Gremolata**

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

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

**INGREDIENTS** 

2 portion(s)

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

## PREPARATION

Step 1

| 500 g<br>1                    | kefir<br>avocado                    | Finely chop garlic and parsley for the gremolata.                     |
|-------------------------------|-------------------------------------|---|
| 1<br>1                        | long cucumber<br>spring onion       | Step 2  |
| 1 bunch<br>1 bunch<br>1 bunch | of chives<br>of parsley<br>of basil | Mix them with olive oil, lemon zest and pepper. Put it in the fridge. |
| 2 tbsp<br>2 tbsp              | lime juice<br>Kikkoman Ponzu Citrus | Step 3  |
|                               | Seasoned Soy Sauce -<br>Lemon       | Cut the washed vegetables into smaller pieces.<br>Chop the herbs.     |
| 4 tbsp                        | olive oil                           |   |
| Gremolata:                    |                                     | Step 4  |
| 1 bunch                       | of parsley                          | -   |
| 2<br>1 tbsp                   | cloves garlic<br>olive oil          | Blend herbs, vegetables and olive oil with kefir.                     |
| 1 tbsp<br>0.5 tsp             | grated lemon zest<br>pepper         | Step 5  |
| Additionally                  | y:                                  | Season with Kikkoman Ponzu Lemon sauce and                            |
|                               | A few red onion slices to serve     | lime juice.   |
|                               |                                     | Step 6  |

Serve with thinly sliced red onion and gremolata.