

Tomatoes, strawberries and avocados gaspacho, slivered and roasted almonds, cayenne pepper and fresh basil, croutons

Recipe for 12 Tapas

Description

Fast, refreshing and life changing.

A healthy recipe full of antioxidants , minerals and vitamins.

Note

Always wait to have seasonal tomatoes for this recipe. Between the end of spring and the beginning of autumn.

Choose ripe tomatoes.

Ingredients

Gaspacho

- 6 Unit(s) Heirloom tomatoes
- 250 Gr Strawberry
- 2 Tbsp Olive oil
- 2 Tbsp Balsamic vinegar
- 1 Advanced knife Cayenne pepper
- 2 Unit(s) Avocado
- 15 Unit(s) Ice cubes
- 2 Unit(s) Lemon juice
- 10 Leaf(ves) Mint
- 1 Tbsp Dijon mustard

- Salt and pepper

Croutons and finishing touches

- 2 Tbsp Sliced almonds
- 4 Leaf(ves) Basil
- 4 Leaf(ves) Mint
- 2 Slice(s) Country bread
- 1 Tsp Espelette pepper
- 2 Tbsp Olive oil

- Salt and pepper

Preparation

- Preparation time **40.00 mins**
- Resting time **30.00 mins**

Preparation

Wash and cut the tomatoes into cubes.

Remove the stems from the strawberries, remove the leaves from the mint.

Pell the avocados.

Roast the almonds in the oven for 5 minutes and crush them .

Make croutons with the slices of country bread (olive oil, salt and Espelette pepper) roast them in a pan.

Soup

1st preparation

Mix together the tomatoes and strawberries. Pass with a hand mixer or in a blender.

Add the olive oil, balsamic vinegar and cayenne pepper.

Salt, then pour into bowls and place in the refrigerator.

2nd preparation

Puree together the avocados with the ice cubes, lemon juice, mint and mustard. Add salt and pepper.

Pour this preparation in the center of the bowls (1st preparation), place here and there the crushed almonds, the croutons, a mint and basil leaf.

Serve chilled.

Bon appétit!