

Almond gazpacho

This is what summer tastes like: healthy vegetables, the best olive oil and crunchy almonds make for an interesting variation on the Spanish classic.

Preparation time: 10 min. · Level of difficulty: very easy ·

Quantity

Ingredients for 4 people.

Ingredients

500 g Raf tomato
1 piece Red pepper
1 piece Onion
1 piece Cucumber
30 g Almond flour
2 piece Garlic cloves
5 tbsp Extra virgin olive oil D.O.
1 tbsp Orange balsamic vinegar
2 Stalks of fresh mint
1 pinch Salt and pepper
1 piece Nectarine or peach

Preparation

If you want the white version of the gazpacho, simply omit the tomatoes and peppers and use more cucumber.

Wash the onion, cucumber, tomatoes, peppers, mint, nectarine and garlic and put them into the blender roughly chopped if they are organic quality. If not, peel first if necessary. Set aside a few small cubes of each vegetable for decoration.

Add 5 tablespoons of good olive oil (quality "extra virgin D.O."). If you like it mild, choose the variety "Arbequina" extra virgin olive oil D.O., if you like it spicy, choose the variety "Picual".

Finally, add the ground almonds, salt, pepper and white wine vinegar and season to taste. Chill and sprinkle with the vegetable cubes before serving.

Serve with fresh country bread or baguette!