

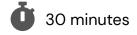


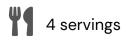


# Spiced Gazpacho with Grilled Prawns

# and Herby Bread

This gazpacho is made up with barbecued red capsicum and tomato, adding layers of earthy flavour, blended with cooling cucumbers, served with grilled prawns and herby bread.







# Go ahead..!

Gazpacho is designed to be served as a cold or cool soup, a beautifully refreshing dish. This means that you can prepare the soup component ahead of time. BBQ and blend vegetables 1 hour or 1 day ahead of time if desired!

PROTEIN TOTAL FAT CARBOHYDRATES

36g

25g

## FROM YOUR BOX

BROWN ONION	1
TOMATOES	4
RED CAPSICUMS	2
GARLIC CLOVES	2
PARSLEY	1 packet
JALAPENO	1
ROSEMARY AND OLIVE LOAF	1
PRAWNS	200g
LEBANESE CUCUMBERS	2

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, balsamic vinegar

#### **KEY UTENSILS**

BBQ, stick mixer (or high-speed blender)

#### **NOTES**

Garlic cloves remain in their skins while barbecuing.

**Gluten-free option** - Rosemary & Olive loaf replaced with GF Country loaf.





# 1. BBQ THE VEGETABLES

Wedge onion and tomatoes. Cut capsicums into large pieces. Toss with garlic cloves (see notes) oil, 1 tbsp smoked paprika, salt and pepper. Add to BBQ over medium-high heat with oil. Cook, turning, for 6-8 minutes until vegetables are tender. Remove to fridge to chill.



## 2. PREPARE THE TOPPINGS

Finely chop parsley (including tender stems) and slice jalapeño.



### 3. TOAST THE BREAD

Slice rosemary and olive loaf. Drizzle over oil. Add to BBQ to toast until golden.



# 4. BBQ THE PRAWNS

Coat prawns with **oil, salt and pepper.**Add to BBQ and cook for 2 minutes each side.



# 5. BLEND THE GAZPACHO

Roughly chop cucumbers. Add to a large bowl or saucepan along with barbecued vegetables and **500 ml water**. Use a stick to blend to smooth consistency. Season with **1 tbsp vinegar**, salt and pepper.



# 6. FINISH AND SERVE

Divide gazpacho among bowls. Add prawns and prepared toppings. Serve with toasted bread.





