



AVOCADO & CUCUMBER GAZPACHO

DIFFICULTY **EASY** ♦ PREP TIME **25 MINUTES** ♦ SERVES **2**

This dish can be prepared the day before and kept in a sealed container in the fridge or enjoyed immediately.

1 avocado, peeled and pip removed
1/2 a large cucumber, sliced lengthways, pips removed and chopped
1/2 C cold water
1/4 C plain yoghurt
2 Tbsp lemon juice
a handful of chives, roughly chopped - reserve some for serving
a handful of dill, stems removed and roughly chopped - reserve some for serving
1/2 tsp salt

a drizzle of olive oil
1/4 C toasted pumpkin seeds, roughly chopped
freshly milled black pepper, to taste

Add the avocado, cucumber, water, yoghurt, lemon juice, chives, dill and salt to a blender. Blend until the mixture is completely smooth - season to taste.

Serve in glasses or small bowls with a drizzle of olive oil, toasted pumpkin seeds, a sprinkle of chopped dill and chives and some freshly milled black pepper.

