

## Gazpacho

A summer classic from Spain which has as many recipes as cooks. This version includes bread, which provides some texture, and uses ripe tomatoes. Don't be tempted to compromise and use canned tomatoes or passata, as the taste is markedly different, so keep this recipe for when you have plenty of tomatoes which you've ripened on the windowsill. This delicious chilled is an excellent source of vitamins C, E and the B vitamins niacin (B3) and folate, all of which are antioxidants helping protect cells against damage.

**No of servings** 2

**Preparation time** 5 minutes

**Cooking time** 0 minutes

### Ingredients

- 1 small piece of white bread, crusts removed, soaked in
- 500g ripe tomatoes, washed, and halved
- 100g cucumber – a piece about 7cm, cut into chunks
- Half a small red pepper cut into chunks
- 1 clove garlic,
- 1 tbsp red wine vinegar
- 2 tbsp olive oil
- 1 tbsp tomato puree
- Black pepper



water

Did you know that cooking can destroy up to 50% of the vitamin C and folate in food? So this uncooked soup is a really good source of both.

### **To finish:**

- Few pieces of pepper and cucumber, finely diced
- Ice cubes, if you like your soup very cold

### Method

1. Squeeze the water from the bread and place in a food processor or blender.
2. Add all the remaining ingredients and process until smooth.
3. Chill until required or serve at once with the vegetable garnishes and ice if desired.

**Storage information:** To retain vitamin content, serve at once, but the soup will keep in the fridge for 1-2 days.

Nutrition per serving			
Energy kcal	185	Vitamin C mg	79.4
Protein g	3.7	Vitamin E mg	4.25
Carbohydrates g	15.3	Carotene mcg	2530
Of which sugars g	10.7	Folate mcg	71
Fat g	12.1	Niacin mg	3.39
of which saturates	1.9		
Fibre	4.7		
Salt	0.25		