

ARCHIVED RECIPES

SPANISH GAZPACHO (SERVE 1)

Ingredients:

2 Gardenia Lite Meal Rolls
1/2 cup canned chopped tomatoes
1/2 cucumber, peeled and roughly chopped
1 spring onion, chopped
1/2 red capsicum, de-seeded and roughly chopped
1 clove garlic
3/4 cup chilled water/ chicken stock
1 tbsp olive oil
Dash of Tabasco, salt and black pepper to taste
1 tbsp plain yoghurt and a sprig of fresh mint for garnishing

**Cooking Method:**

1. Place vegetables, garlic, water/chicken stock and olive oil in a blender.
2. Add a dash of Tabasco, season with salt and black pepper.
3. Blend mixture until smooth.
4. Pour into a bowl, garnish with plain yoghurt and fresh mint.
5. Serve with Gardenia Lite Meal Rolls on the side.