

# Gazpacho Salatas?

Fresh and vibrant Gazpacho Salad with roasted tomatoes, crisp vegetables, and creamy avocado. A healthy Spanish-inspired dish perfect for summer.

10 min

HAZIRLIK

15 min

PI?IRME

25 min

TOPLAM

2

PORSIYON

Medium

ZORLUK

Gazpacho Salatas?

## Malzemeler

- 2 tomato
- 2 tsp olive oil
- 1 pinch cinnamon
- 1 pinch chili flakes
- 1 pinch sea salt
- 1 pinch black pepper
- 3.2 oz beet
- 3.2 oz cucumber
- 0.5 capia pepper
- 0.5 green pepper
- 1 celery stick
- 1 clove garlic
- 1 onion
- 0.5 avocado
- 1 lemon
- 0 basil

## Yap?l???

### 1 Prepare the vegetables

Dice the 2 tomatoes, 0.5 beet, 0.5 cucumber, 0.5 red bell pepper, 0.5 green bell pepper, and 1 celery stalk into small, uniform pieces about 1/4-inch in size. Mince the 1 clove of garlic finely. Chop the 1 green onion into thin rounds.

### 2 Season the base

In a large mixing bowl, combine all the diced vegetables with 2 teaspoons olive oil, 1 pinch cinnamon, 1 pinch red pepper flakes, 1 pinch salt, and 1 pinch black pepper. Toss everything together until evenly coated.

### 3 Roast the vegetables

Preheat oven to 200°C (400°F). Spread the seasoned vegetables on a baking sheet in a single layer. Roast for 12-15 minutes until the tomatoes begin to break down and the edges start to caramelize slightly.

#### 4 **Cool and dress**

Remove vegetables from oven and let cool for 5 minutes. Transfer to a serving bowl and drizzle with 3.2 oz olive oil and your desired amount of hot sauce. Toss gently to combine.

#### 5 **Prepare the avocado**

Cut the 1 avocado into bite-sized chunks. Immediately squeeze fresh lemon juice over the pieces to prevent browning and add brightness to the salad.

#### 6 **Assemble and serve**

Gently fold the avocado pieces into the roasted vegetable mixture. Garnish with fresh basil leaves and serve immediately while still slightly warm.

## ?puçlar?

Roast tomatoes at high heat to concentrate their flavors and create beautiful caramelization around the edges.

Choose ripe but firm avocados that won't turn mushy when mixed with the other ingredients.

Dice all vegetables to similar sizes for the best texture and presentation.

Let the roasted tomatoes cool slightly before adding to the salad to prevent wilting the fresh vegetables.

Taste and adjust the seasoning just before serving, as vegetables can absorb salt over time.

For extra flavor depth, let the chopped vegetables marinate in the dressing for 15-20 minutes before adding tomatoes and avocado.

Use the best quality olive oil you have, as it's a key flavor component in this simple dish.

Serve immediately after adding avocado to maintain the best color and texture.