

Gazpacho Salad

Fresh gazpacho salad with roasted tomatoes, crisp vegetables, and creamy avocado. A vibrant Spanish-inspired dish perfect for summer dining.

10 min

PREP

15 min

COOK

25 min

TOTAL

2

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2 tomato
- 2 tsp olive oil
- 1 tsp cinnamon
- 1 tsp chili flakes
- 1 tsp sea salt
- 1 tsp 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 sprig onion
- 0.5 avocado
- 1 lemon
- 0 basil

Instructions

1 Roast the Tomatoes

Preheat oven to 200°C (400°F). Toss 2 whole tomatoes with 2 tsp olive oil, 1 tsp cinnamon, and 1 tsp chili flakes in a roasting tin. Season with salt and pepper and roast for 10-15 minutes until skins start to split and tomatoes are slightly caramelized.

- 2 Remove tomatoes from oven and set aside to cool for 5 minutes. Roughly chop into bite-sized pieces, keeping any juices that have accumulated.
- 3 **Prepare the Vegetables**

Dice 3.2 oz beetroot, 3.2 oz cucumber, ½ red pepper, ½ green pepper, and 1 celery stalk into small, uniform pieces about ¼-inch in size. Mince 1 clove garlic and finely chop 1 sprig fresh herbs.
- 4 Combine all diced vegetables, minced garlic, and chopped herbs in a large mixing bowl. Toss gently to distribute evenly.
- 5 **Make the Dressing**

Whisk together 1 tsp olive oil and 1 tsp hot sauce in a small bowl until well combined. Pour over the vegetable mixture and toss thoroughly to coat all pieces.
- 6 Gently fold the roasted tomatoes and their juices into the dressed vegetables, being careful not to break up the tomato pieces too much.
- 7 **Prepare the Avocado**

Cut ½ avocado into small cubes and immediately toss with juice from ½ lemon to prevent browning.
- 8 **Serve**

Transfer gazpacho salad to serving bowls and top with the prepared avocado pieces. Garnish with additional fresh herbs if desired and serve immediately.

Tips

Roast tomatoes at high heat to concentrate their flavors quickly while maintaining some texture - they should just start to split and caramelize around the edges.

Dice all vegetables to similar sizes for the best eating experience and visual appeal - aim for roughly 1/2-inch pieces throughout.

Chill your serving bowls in the refrigerator for 15 minutes before plating to keep the salad refreshingly cool.

Toss the avocado with lemon juice immediately after cutting to prevent browning and add a bright acidic note to balance the rich olive oil.

Let the roasted tomatoes cool slightly before adding to the salad to prevent wilting the fresh vegetables while still maintaining some warmth contrast.

Taste and adjust seasoning just before serving, as the vegetables will release their natural juices and may dilute the dressing slightly.

For the best flavor, use high-quality extra virgin olive oil in both the roasting and dressing - it makes a noticeable difference in this simple preparation.

Fresh basil should be torn by hand rather than cut with a knife to prevent bruising and maintain the best flavor and appearance.