



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

WATERMELON GAZPACHO

Time: 15 minutes

Serves: 4

Ingredients:

3 cups watermelon – cubed
2 cups cucumber – peeled and diced
¼ cup red onion – small dice
2 tablespoon extra-virgin olive oil
1 tightly packed tablespoon mint – chiffonade (plus extra for garnish)
1 tablespoon serrano or other hot pepper – finely chopped
1 teaspoon balsamic vinegar
1 pinch fresh ground black pepper
¼ teaspoon kosher salt
¼ cup feta cheese - crumbled

Preparation:

Place all ingredients except the feta in the jar of a blender. Blend until well combined.

Chill for at least one hour or up to a day prior to serving.

Serve in bowls garnished with the feta cheese and additional mint.

Nutritional Information Per Serving:

Calories: 140
Fat: 9g
Carbs: 14g
Fibre: 1g
Protein: 3g