Avocado Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

- 3 Avocados (4 if they are small)
- 2 1/2 cups of chicken stock (or dissolve two heaped teaspoons of stock powder in 2 1/2 cups of boiling water.)
- 1 to 2 teaspoons of chili powder / flakes.
- 1 Large red/yellow/green pepper
- A hand full of cashew nuts (a cup), you may substitute with pistachio nuts.
- 4 tablespoons of oil (I use sesame oil for flavour).
- Fresh Cream
- Paprika for seasoning / garnish

Optional:

The soup does not keep well for long periods of time, you may add lemon juice to help preserve it.

Instructions

1. Dice the pepper and chop the nuts finely.
2. Heat the oil in a pan on high heat and ad the pepper, stir until the pepper starts to soften.
3. Add the nuts to the pan and continue stirring till they start to roast and darken. Now add the chili.

4. Lower the heat to half and carefully add the stock to the pan. Allow it to simmer for a few minutes.

5. While the stock simmers, cut and scrape the flesh of the avocados into a blender.
6. Turn the blender on and slowly add the stock from the pan. Monitor the consistency, you don't want it to be to thin, you may not need all the stock. Season with salt and pepper to taste.

7. That's it now serve it up, it should be used immediately, it won't hold well. You may try adding lemon juice to stop it from spoiling.
8. To finish off add a splash of fresh cream a sprinkle of paprika or whatever garnish you wish.