

THE WELL

Nourishing Recipes

BOSTANI

Chilled Tomato, Cucumber & Rocket Salad Soup

INGREDIENTS

- 5 medium tomatoes, very finely chopped
- 1 cucumber, very finely diced
- 2 onions, very finely diced
- 1 small handful rocket leaves, very finely chopped
- 1 tbsp pomegranate syrup
- Pinch of chilli powder
- Pinch of sea salt
- 1 medium glass cold water
- A couple of ice cubes

METHOD

1. Very finely chop the tomatoes, cucumber, onions and rocket and place in a large bowl.
2. Add the pomegranate syrup, chilli powder, sea salt and cold water.
3. Stir everything through well until evenly combined. If you prefer a smoother texture, give it a very quick whizz – just a couple of pulses – but do not overblend.
4. Add a couple of ice cubes and stir gently.
5. Serve very cold in small bowls.



Hydrating



Cooling



Fresh and vibrant



Lovely
for sharing



Full of
Mediterranean
flavour

SEXAGENARIAN

SEASONAL LIVING AT THE WELL