

Chilled Pea and Avocado Soup with Dilmah Moringa, Chili, Cocoa and Cardamon



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Peter Kuruvita

- Sub Category Name
Food
Soups
- Recipe Source Name
Tea infused
- Festivities Name
Autumn
Winter

Used Teas



Red Rooibos
Moringa, Chilli,
Cocoa & Cardamom

Ingredients

Chilled Pea and Avocado Soup with Dilmah Moringa, Chili, Cocoa and Cardamon

- 1 slice of stale, rustic bread
- 500g fresh peas (or frozen, defrosted)
- 2 garlic cloves, peeled
- 1 cucumber, peeled and roughly chopped



- 2 ripe avocados, peeled, halved and destoned
- 50g pea shoots, plus extra to serve
- 8 Dilmah Moringa, chili, cocoa and cardamon tea bags
- A small bunch of mint, leaves picked
- A small bunch of parsley, stalks trimmed
- 600ml vegetable stock infused for 10 minutes with the tea bags and chilled
- Sherry vinegar, to taste
- Plain yoghurt, extra-virgin olive oil and crusty bread, to serve

Methods and Directions

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- Put the bread with 2 tablespoons of water in a bowl and leave it to soften.
- Blanch the peas (fresh only) in boiling water for 3 minutes, then quickly drain and run under cold water.
- In a blender, blitz the peas, garlic, cucumber, avocados, shoots, chillies, herbs, stock or water and wet bread until smooth. Season and add the vinegar. Chill for about 30 minutes.

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