

Melon Avocado Soup with Cucumber Mint Salsa

Recipe By *Myra Kornfeld*



Cooking and Prep:  2
h 25 m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Medium

Occasion: Passover

Diet: Vegetarian, Vegan,
Paleo, Pescetarian, Gluten
Free, Low Carb, No Refined
Sugar, Salt Free

Source: OU Kosher

This simplest of soups—a refreshing starter on a hot summer day— provides a creamy backdrop for the more complex flavors in the salsa. Honeydew is juicy enough so that no added liquid is needed. For best results make sure to get a ripe sweet melon. A four-pound melon, peeled and seeded, will yield the necessary 6 cups.

Ingredients (11)

For the Melon Soup

- 6 cups ripe honeydew melon chunks
- 1 and 1/2 ripe Haas avocados
- 1/4 cup fresh lime juice
- 3/4 teaspoon salt

For the Cucumber-Mint Salsa

- 1 cucumber, peeled, seeded, and diced (1 cup)
 - 1/2 jalapeno pepper, stemmed, seeded, and minced
 - 1/4 cup chopped fresh mint
 - 1 tablespoon fresh lime juice
 - 2 tablespoons minced red onion
 - salt, to taste
 - 1/2 ripe Haas avocado
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Start Cooking

Prepare the Soup

1. Working in two batches, purée the honeydew, avocados, lime juice and salt until smooth. Pour through a single-mesh strainer into a container.
2. Refrigerate soup until chilled, at least 2 hours and up to 1 day.

Prepare the Salsa

1. Mix the cucumber, jalapeño, mint, lime juice, and red onion in a medium bowl. Sprinkle with salt to taste.
2. Holding the avocado half in one hand, make 1/4-inch crosshatch cuts through the flesh with a table knife, cutting down to but not through the skin.
3. Separate the diced flesh from the skin by gently scooping out the avocado cubes with a soup spoon.
4. Add avocado to the bowl with the salsa and mix gently. Season with additional salt to taste.
5. Cover and refrigerate salsa until ready to serve soup. To serve, ladle soup into bowl and garnish with a generous spoonful of salsa.