

Cold Yoghurt Soup

with prawn skewers and grilled mango



Ingredients

For the soup

- 500 g natural yoghurt
- 300 ml buttermilk
- 6 ice cubes
- salt
- freshly ground black pepper
- 1 cucumber
- 1 organic lemon
- 1 garlic clove
- 2 green onions
- 1 red chilli pepper
- 3 tbsp olive oil
- mint

For the skewers

- 500 g prawns
- 2 tbsp olive oil
- salt and pepper

For the grilled mango

- 1 mango (alternatively 2 peaches)
- honey
- chilli flakes

Furthermore

- Wooden skewers (soaked in water)

Preparations

Peel and grate the **cucumber**. Grate the **lemon** zest and then squeeze the lemon. Finely chop the **garlic**. Clean the **green onions** and cut them diagonally into rings. Deseed and finely dice the **chilli**. Peel and deseed the **mango** and cut the flesh into pieces.

How it works

1. Put the **yoghurt**, **buttermilk**, **oil** and **ice cubes** in a bowl and blend with a hand blender until it's nice and creamy. Then add the grated **cucumber**, **garlic** and grated **lemon zest** and season with **salt**, **pepper** and **lemon juice**. Pop the soup in the fridge to chill.
2. Thread the **prawns** onto wooden skewers, drizzle with **oil** and season with **salt** and **pepper**. Then grill for a few minutes on both sides.
3. Thread the **mango** onto skewers and grill on all sides. Drizzle with **honey** and sprinkle with **chilli flakes**.
4. Divide the soup into bowls, garnish with **green onions**, **chilli** and **mint** and serve with a fruit skewer and a prawn skewer.

Enjoy your meal!