

# Chilled Avocado Soup with Shrimp

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## Servings: 4

*2 lemons  
2 cloves garlic, smashed  
1 bay leaf  
Kosher salt  
freshly ground pepper  
8 ounces (about 16)  
medium shrimp, peeled and  
deveined  
1/2 cup frozen peas, thawed  
1/2 cup packed fresh  
parsley  
3/4 cup pea shoots,  
trimmed and chopped  
2 avocados, peeled and  
pitted  
2 scallions, roughly  
chopped  
2 tablespoons packed fresh  
tarragon  
1 tablespoon avocado oil*

## Preparation Time: 40 minutes

Thinly slice 1/2 lemon. Place in a medium saucepan with four cups of water, the garlic, bay leaf, a big pinch of salt and a big pinch of pepper. Grate 1/2 teaspoon of lemon zest and juice the remaining 1-1/2 lemons, set aside.

Bring the water to a simmer over medium heat. Add the shrimp and poach until just cooked through, 1-1/2 to 2 minutes. Transfer to a plate with a slotted spoon. Reserve the saucepan and the poaching liquid. Refrigerate the shrimp until chilled, 30 minutes to one hour.

Meanwhile, in a blender (preferably high speed), combine the peas, parsley, and 1/2 cup of the pea shoots. Add the garlic from the poaching liquid plus 1-1/4 cups of the poaching liquid. Carefully blend until smooth. Add one cup of ice cubes. Add the avocados, scallions, tarragon, the reserved lemon zest and two tablespoons of lemon juice. Blend until very smooth, thinning with cold water, one tablespoon at a time, if needed. Season with salt and pepper.

Refrigerate for at least 20 minutes or up to one hour.

Stir the soup and thin with cold water, if needed. Add more lemon juice, salt and pepper (to taste). Divide the soup among shallow bowls.

In a bowl, combine one teaspoon of lemon juice, one teaspoon of avocado oil, a pinch of salt and a pinch of pepper.

Toss the shrimp with the avocado oil mixture. Place in the middle of the soup. Top with the remaining 1/4 cup of pea shoots. Drizzle with the remaining two teaspoons of avocado oil.

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Per Serving (excluding unknown items): 229 Calories; 19g Fat (68.2% calories from fat); 6g Protein; 14g Carbohydrate; 4g Dietary Fiber; 18mg Cholesterol; 50mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 3 1/2 Fat.