

GUACAMOLE

There are a 1000 different recipes for guacamole so don't be shy to put your own stamp on this recipe. Taste and adjust to your liking. Presentation wise, you can mash all ingredients together or you can finely dice and stir them together gently for a prettier look - it tastes the same either way so if time is tight, choose the mashing method. This is delicious for morning or afternoon tea with carrot sticks or corn chips.

INGREDIENTS

Serves 4 - 5

1 avocado, finely diced or mashed
½ long red chilli,* diced
½ vine ripened tomato, finely diced (seeds removed if you like)
4 tablespoons Spanish onion, finely diced
¼ cup chopped fresh coriander
2 tablespoon lime or lemon juice
salt & pepper to taste

METHOD

1. Prepare all ingredients as per list.
2. Mash or combine gently.
3. Transfer to a serving bowl and top with a sprig of coriander, some chilli rings or a whole avocado seed.

* or substitute with ½ teaspoon chipotle chilli powder or tabasco sauce

