

GUACAMOLE

Jay
Halford



Makes a sharing dip bowl or 6 portions on toast



Total Time: 10min



Storage: 2-3 days in fridge

Ingredients:

- 1/2 a red onion
- 2 whole salad tomatoes
- The juice of 1 whole lime
- A small handful sized bunch of coriander
- 1 whole red chilli – deseeded if you don't want it too spicy
- 3 whole avocados
- A pinch of Himalayan pink salt
- A pinch of ground black pepper

Equipment needed: Chopping board, Chef's knife, Small mixing bowl, A fork or hand blender, Tablespoon, Serving bowl

Method:

Finely dice the red onion, tomatoes, coriander and 1/2 of the red chili

Place all of this to the mixing bowl.

Squeeze the juice of one into the bowl using hands to catch any seeds that may fall in

Cut the 3 avocados in half lengthways working around the stone (watch the video lesson for tips on how to do this safely).

Remove the stone from the avocados and scoop the avocados out into the mixing bowl using a spoon

Mash avocado against the side of the bowl with a fork and combine it well with the other ingredients.

Place into the serving bowl

Garnish with red chili on the top