



Guacamole

SERVES 4

INGREDIENTS

- 1 ripe avocado
- 1 tablespoon of lime or lemon juice
- 1 red chili, finely chopped
- 1 tablespoon coriander leaves, finely chopped
- 1 teaspoon of Tabasco sauce

METHOD

1. Remove avocado from its skin, chop flesh then mash with a fork. Add lime or lemon juice and mix.
2. Stir in the chilli, coriander, and Tabasco sauce. Combine well with a fork.
3. Serve immediately or store covered in the fridge.

Serving suggestion: Serve with raw vegetable sticks such as carrot, celery, pepper and mange touts.

