



Guacamole

INGREDIENTS

- ¼ medium size red onion
- 1 green Shallot
- ½ clove garlic
- ¼ bunch of coriander with stems
- 1 long red chili (de-seeded)
- 1 tomato
- 1 ripe avocado
- ½ lime juiced
- ½ lemon juiced
- 15ml olive oil
- Salt and pepper to taste



Serves: 2



Prep Time: 15 min



Cooking Time: 0 min

METHOD

1. Finely chop the red onion, green shallot, garlic, coriander and chili. Place into a mixing bowl.
2. Cut the seed out of the tomato and dice the flesh. Add the diced tomatoes to the bowl.
3. Carefully cut the avocado in half and scoop the flesh out. Chop roughly and add to the rest of the ingredients.
4. Add the Lemon juice, lime juice, olive oil, salt and pepper to taste.
5. Stir with a fork until desired consistency. Avocado should be just starting to break down and become creamy but still chunky.
6. Move to a serving dish and top with a few sprigs of coriander leaves. Serve immediately.



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