

## Ingredients

**Serves: 40**

### Polenta Chips

- 12 cups milk
- 4 cups of vegetable stock
- 6 cups instant cornmeal polenta
- 1 cup parmesan cheese
- Olive oil spray

### Guacamole

- 8 avocados, skin and stone removed
- Juice of 2 limes
- 4 ripe tomatoes, finely chopped
- 2 red onions

## Method:

1. Line a 4cm deep, 19 X 30cm slice tin with baking paper.
2. Over high heat, bring milk and stock to the boil in a large pan. Pour in the polenta in a thin stream, whisking continuously. Reduce heat to medium low and cook, stirring with a wooden spoon for 4 minutes, or until smooth and thick.
3. Add parmesan, stir until melted. Pour into the prepared slice tin and smooth. Cover and chill in the refrigerator for 3 hours or overnight.
4. Preheat oven to 200 Degrees Celcius. Grease a baking tray with olive oil spray.
5. Cut polenta into 7cm strips and place on to the baking tray and cook for 10 minutes turning once. Transfer to rack and season with extra herbs and spices if desired.
6. Place the avocado and lime juice in a bowl and mash avocado well with a fork. Add the other guacamole ingredients and mix firmly with a fork until well-combined.
7. Chill guacamole until ready to serve with polenta chips

Food Group	Serves provided per portion
Vegetables	0.15
Grain foods	0.25
Milk, yoghurt and cheese	0.5