

Guacamole



Serves: 8

Prep time: 10 minutes

Cook time: 0 minutes

Dietary: V

Ingredients

- ½ small red onion
- 1 fresh red chilli
- 6 ripe cherry tomatoes
- ½ bunch fresh coriander
- 3 large ripe avocados
- 2 limes
- Salt and pepper, to season

Method

1. Peel and finely dice red onion.
 2. Deseed and finely dice red chilli (keep seeds in for extra spice).
 3. Quarter cherry tomatoes.
 4. Chop coriander.
 5. Halve limes.
 6. Cut avocados in half and remove the seed. Spoon out the avocado into a large bowl and mash with a fork.
 7. Add the red onion, chilli, cherry tomatoes and coriander. Mix until well combined.
 8. Squeeze over lime juice and stir through. Season to taste with salt, pepper and extra lime if needed.
 9. Garnish with some coriander leaves, if desired.
- Enjoy!

Dietitian's Tip: Guacamole can be served as a dip with wholegrain crackers, toasted wholemeal tortilla chips or vegetable sticks. It is also a great addition to so many dishes – on a baked potato, with tacos or fajitas, on toast or with veggie patties. Avocado is a great source of monounsaturated fat, fibre and micronutrients.