



INGREDIENTS

- 1 tomato (deseeded & diced)
- 1/2 red onion (finely diced)
- 1 chilli (diced)
- Juice of 1 lime
- 2-3 tbsp fresh coriander (chopped)
- 1 avocado (roughly mashed)
- 4 tbsp olive oil
- Salt & black pepper (to taste)

INSTRUCTIONS

1. Simply combine all of the ingredients and eat straight away - enjoy!

TOP TIPS

- If you don't have a fresh chilli to hand, you could use some dried chilli flakes or some crushed chilli from a jar
- Chillies actually freeze really well, so if you have surplus in the garden or see some on special in the supermarket, pick them up and pop whole in the freezer for future use!
- If limes are out of season and expensive you could get away with using a little bottled lime juice instead

Guacamole



2 servings



10 minutes

Guacamole is a delicious Mexican side-dish and is a wonderful accompaniment to our Mexican Mince.

It can also be enjoyed on it's own with corn chips, used to jazz up your chicken sandwich or spread on toast and top with a poached egg!

Guacamole won't keep very long until it starts to go brown (although the lime juice will help avoid discolouration) so its best eaten straight away!