

# Guacamole



*Serves 6*



*10 minutes*



*Summer*



*Avocado*



## INGREDIENTS:

- 4 ripe avocados
- 3 teaspoons lime juice (or to taste)
- 250g Roma tomatoes
- 1/2 red onion
- 2 tablespoons fresh coriander
- 1 garlic clove
- Salt to taste

## METHOD:

1. Wash the tomatoes. Dice them into small even pieces.
2. Peel the onion. Finely chop half of it.
3. Wash the coriander leaves and chop it finely.
4. Peel the garlic clove and mince it.
5. Cut your avocados in half and remove the pits.
6. Using a spoon, scoop out the soft part of the avocado from the outer skin.
7. Place the soft avocado in a bowl.
8. Mash the avocado using a fork. For a smoother consistency mash for longer.
9. Pour in the lime juice and mix well.
10. Add the diced tomatoes, chopped onion, coriander and minced garlic into the bowl with the mashed avocado.
11. Stir until all ingredients are well combined.
12. Add salt to taste. Adjust the lime juice if needed.
13. Serve.

## TIPS:

- You can compost the skins and pits of the avocados. Just first cut the skin into smaller pieces using some cooking scissors.
- Top the guacamole with herbs growing in your garden.
- You can serve the guacamole with some wholegrain tortillas or add to sandwiches, wraps.

Share it with us!



@foodfromh0me



*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*