

## AVOCADO SALSA

### Equipment needed –

Small knives chopping boards, large bowl, juicer, measuring spoons, spoon and 3 small serving bowls.

### Ingredients from the Garden –

- 2 small red capsicums
- 8 spring onions
- 3 avocados
- 2 tablespoons of lime juice
- 1 cup of coriander

### Ingredients from the Pantry –

### What to do –

1. Wash the capsicums. Cut in half and remove the seeds using a spoon. Cut the capsicums into strips, then finely dice. Place the diced capsicum into a large bowl.
2. Cut the avocado into half and remove the stone. Spoon out the flesh then finely chop. Place the diced avocado into the bowl with the capsicums.
3. Wash and finely chop the spring onions. Place in bowl with the capsicums and avocado.
4. Juice the lime and place 2 tablespoons of lime juice in with the capsicums, avocado and spring onions.
5. Wash, pick and spin dry the coriander leaves. Finely dice the coriander leaves and add to the bowl with the vegetables. Gently toss to combine.
6. Divide the salsa amongst 3 small bowls to serve.

### Serves –

- 28 students.