

GUACAMOLE

Equipment needed –

Measuring spoons, small knife, chopping board, medium bowl, plastic cup, scissors, juicer and 3 small serving bowls.

Ingredients from the Garden

- 2 avocados (500g)
- ½ small red onion
- 1 medium tomato (75g)
- 1 tablespoon of lime juice
- ¼ cup of coriander

What to do –

1. Cut the avocados in half. Remove the stone and scoop out the flesh using a spoon and place in a medium bowl. Mash the avocado flesh using a fork.
2. Finely dice the red onion and add to the bowl with the avocado.
3. Cut the tomato into half and remove the seeds. Finely dice the tomato and add to the bowl with the avocado.
4. Pick the coriander leaves and place in a plastic cup. Finely chop using the scissors and add to the bowl with the avocado.
5. Juice the lime and add 1 tablespoon of lime juice into the bowl with the avocado.
6. Mix well to combine and season with salt and pepper. Divide the guacamole amongst 3 small serving bowls.

Serves –

- 28 students.