



Guacamole

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: avocado, chilli, coriander, lime, spring onion, tomato

Equipment:

metric measuring spoons
clean tea towel
chopping board
cook's knife
medium bowl
fork
citrus juicer
zester

Ingredients:

2 avocados, mashed
3 spring onions, finely chopped
1 long red chilli, de-seeded and finely chopped
1 tomato, finely chopped
1 small handful coriander, finely chopped
juice and zest of a lime
½ tsp salt
½ tsp cracked pepper

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Add all ingredients to the medium bowl and mix well.
3. Season to taste.

