

Simple Guacamole Side



This fantastically diverse recipe is quick, healthy and delicious. It can be used as a dip, a salad dressing or as a yummy side to meats, or roast vegetables.

Ingredients:

- 3 Large ripe avocados (not bruised)
- 1 large ripe tomato cut into small chunks
- 1 small red onion diced finely
- 1 small clove of garlic. minced
- Handful of cilantro, finely chopped
- 1 medium lemon juiced
- 1 small chill (optional) de-seeded and finely chopped
- Salt and Pepper to season

Method:

Mash the avocado in a bowl, adding the lemon juice to help. You can mash it to be as chunk or smooth as you prefer. The add chilli, cilantro, onion, garlic and a generous

pinch of salt and pepper, and mix together with a spoon. Then add the tomato and fold gently until it is all combined together.

Serve with corn chips, or carrot sticks, or as a side to your meal, and enjoy!

Tips:

- Lemon juice can be used instead of lime, or you can combine the two flavours is also very delicious.
- A pinch of cayenne pepper can be used instead of chill to give it that spicy kick.