

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.

Tips:

Lemon juice can be used instead of lime, or you can combine the two flavors is also very delicious.

A pinch of cayenne pepper can be used instead of chill to give it that spicy kick.



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. Then add chili, 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!

