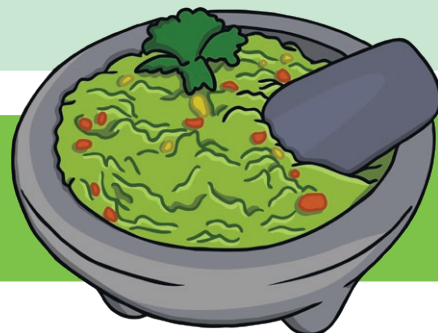




Guacamole dip is a delicious Mexican snack made mainly of avocados. This dip has a spicy tang and includes diced tomato and coriander to give it a little extra zing.

# Guacamole



## Ingredients

2 avocados

$\frac{1}{2}$  red onion, finely diced  
(if you're using a large onion, only use  $\frac{1}{4}$ )

Juice of one lime

1 tomato, cut into quarters, seed removed and diced small

$\frac{1}{4}$  cup coriander, roughly chopped stem and leaves

## Method

1. Cut avocados in half and remove seed and skin.
2. Dice avocado roughly and then crush with the bottom of a fork.
3. Add all ingredients and stir until well combined.
4. Check for seasoning and season to taste with salt and pepper.

