

AVOCADO SALSA

SERVES 4



This easy recipe is enriched with vitamins and minerals. A delicious lunch time snack served with vegetable crudities and wholemeal pitta.

INGREDIENTS

2 ripe avocados
2 cloves of garlic
Spring onion
1 lime
1 large vine tomato
2 tsp. coriander

Optional

¼ red chilli
Pepper

DIETARY COMPONENTS

Avocados are full of healthy, beneficial monounsaturated fat that help to keep you full and satisfied, great for growing brains.

EQUIPMENT

Vegetable knife
Fork
Spoon
Garlic press
Chopping board
Mixing bowl
Scissors
Jug
Juicer
Serving bowl
Teaspoon

METHOD

1. Cut the avocados in half, squeeze slightly to remove the stone, using a spoon scoop the flesh into a mixing bowl.
2. Mash the avocado with a fork.
3. Use the juicer to squeeze the lime then add the juice to the avocado mix.
4. Wash and finely chop the spring onion and add to the bowl.
5. Chop the tomato into small chunks and add to the bowl.
6. Peel and crush the garlic and add to the bowl.
7. Finely snip the coriander and add to other ingredients in the bowl.
8. Stir the ingredients together and spoon into a serving bowl.

