

SW: sweet | P: pungent | SA: salty | SO: sour | B: bitter

*ground spices, unless specified otherwise

GUACAMOLE

PORTIONS: 2-3

PREP TIME: 20 MIN



Avocado is renowned for all its goodness and nutritional value and it is also highly prized for the mousse-like texture it provides to the dishes, including desserts. Only use avocados that are ripe and ready to eat*, as otherwise they may taste slightly bitter. If needed, store them in a dark place for a couple of days until they mature. Guacamole can be used on morning toast with eggs, as a dip or salad dressing if diluted with water.

* follow this link for useful hints on how to check for ripeness:

<https://www.avocadocentral.com/how-to/how-to-pick-how-to-buy-avocados>

INGREDIENTS:

- 4 medium ripe avocados
- ½ red onion
- 1 Tbsp chopped jalapeno peppers from a jar
- 1 Tbsp lime or lemon juice
- 1 Tbsp extra virgin olive oil or flaxseed oil
- 1 garlic clove

SPICES*:

Pinch turmeric, sea salt, black pepper.

1. SW: Cut avocados in half and peel the skin off, remove the seed – when avo is ripe the seed should come off easily, if it's not, hit it with a knife and pull knife and avo apart. Transfer avocados into a glass bowl and mash with a fork or blend for a couple of seconds for thicker, chunkier texture.
2. P: add minced garlic and chopped red onion, season with black pepper.
3. SA: season with a pinch of salt
4. SO: squeeze in lime or lemon juice (watch for pips)
5. B: add turmeric.
6. SW: olive oil,
7. P: and chopped jalapeno peppers. Taste and season if needed.
8. Store in fridge in a container with a lid on for 1-2 days – it might turn slightly brown on the surface and if it does just remove the outer layer with a teaspoon and mix the remains.

Equipment used:

- Hand blender

Optional additions:

- Add fresh, chopped coriander (P)
- To use it as a sauce, add some cold water together with salt (SA) to achieve desired consistency
- For a stronger kick, increase the number of jalapenos or replace them with fresh green chilli.