

Guacamole

Serves: 4

Preparation time: 15 minutes

Recipe source: mexicanfoodjournal.com

Cooking time: n/a

Ingredients:

3 ripe avocados

$\frac{3}{4}$ cup finely chopped tomato

1 jalapeño chilli very finely chopped (seeded and deveined)

$\frac{1}{2}$ white or red onion, finely chopped

3 tablespoons of coriander, chopped

$\frac{3}{4}$ teaspoon salt

What to do:

1. Remove the flesh of the avocados.
2. Mash the avocados with the back of a fork.
3. Add the other ingredients and mix evenly.

Notes:

- In class we used $\frac{1}{2}$ jalapeño chilli for the younger students.
- The original recipe states 2 jalapeño chillis, however this was modified to ensure it was not too spicy for the students.
- Either type of onion can be used but white onion is traditional.
- Ideally, guacamole should be served as soon as you make it.
- Guacamole should be served at room temperature.