



# Guacamole

NIBBLEDISH CONTRIBUTOR

## Ingredients

- Ripe avocados - Sun ripe tomatoes / finely chopped - Sweet onion / finely chopped - Coriander / finely chopped - Lime / for the juice - Salt **\*\*Optional extras\*\*** - Green chilli pepper ( for that extra kick ) - Extra virgin olive oil ( for smoother texture )

## Instructions

**\*\*Not being a huge fan of avocado, I never really bothered to look into how to make guacamole; it was just one of those sauces that I buy without thinking. Though recently I have decided to confront the food I don't like, and try to make it into something I wouldn't mind eating; it turns out that guacamole is actually an extremely easy dipping sauce to make, and far more tastier than what you can get in the supermarkets.\*\*** 1. Half your avocado and drop the flesh and the stone into the bowl. Add the lime juice and use a fork to mash up the flesh. 2. Add the chopped tomatoes, sweet onion, and coriander and mix it all together. Season to taste. 3. Take out the avocado stone and **SERVE!** **\*\*Did you know...\*\*** \*Using the same ingredients, but just replace the avocados with green chilli peppers will give you Mexican Sauce (called Mexican sauce because the colours resemble the Mexican flag)!\*