



8 SERVINGS



20 MINUTES



213 CALS

You Can Never Go Wrong with Guacamole — Give This Recipe a Try!

SOPHIE VIAU

Ingredients

- 4 very mature avocados
- 1 medium tomato, pressed to remove juice (seeded)
- 1/4 cup green onion
- 1 clove garlic
- 4 tsp fresh parsley
- 2 tsp fresh coriander
- 1 tsp ground pepper
- 1/2 tsp lemon juice
- 1 tsp tabasco (or to taste)

Instructions



PREP: 20M

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COOK:

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READY IN: 20M

1. Put all ingredients (except avocados) in a food processor and chop very finely.
2. Cut the avocados in half and put the flesh of the avocados in a large bowl.
Crush to reduce.
3. Stir the food processor mixture into the avocado bowl and mix well.
4. Serve cold with nachos, quesadillas, fajitas or simply with corn chips.