



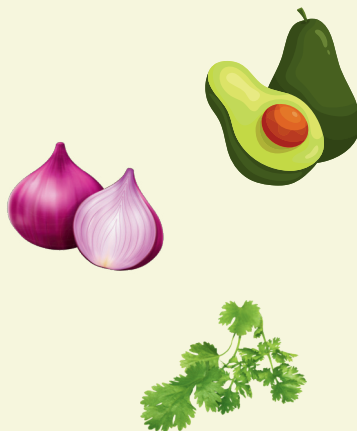
Guacamole Spread or Dip

You will need

- Mixing bowl
- Chopping Board
- Knife
- Scissors
- Spoon

Ingredients

- 3 ripe avocados
- 1 small red onion
- 1 lime
- 1 ripe tomato
- Handful of washed, fresh coriander
- Pepper (optional)



How to make:

- Cut the avocados in half, remove the stone and use a spoon to scoop out the flesh into a mixing bowl.
- Wash the tomato, chop finely and add to the bowl.
- Peel and finely chop an onion and add to the bowl.
- Using scissors snip the bunch of coriander into small pieces and add to the bowl.
- Cut the lime in half and squeeze the juice from each half into the bowl, carefully removing any pips.
- Add a pinch of pepper then stir all ingredients together.
- If not serving straight away, cover bowl with cling film and chill in the fridge until needed.