

Guac On



Serves



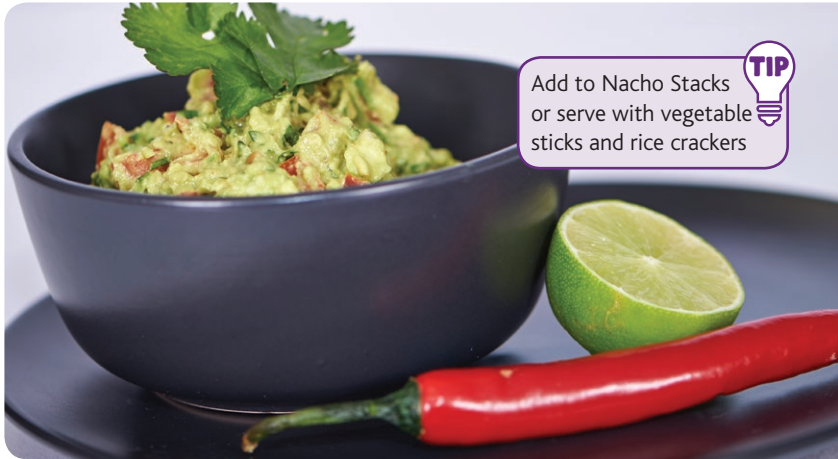
Cooking time



Cost per serve



Veg per serve



Add to Nacho Stacks or serve with vegetable sticks and rice crackers



How to make it



Ingredients

- | | |
|-----------------|---------------|
| 1 avocado | Coriander |
| ¼ red onion | Pepper |
| 1 tomato | 1 teaspoon |
| 1 clove garlic | chilli powder |
| ½ lime or lemon | (optional) |



Equipment

Chopping board, knife, small bowl, fork, spoon, juicer



1. Cut the avocado in half and remove the stone. Scoop out the flesh into a bowl and use a fork to mash until almost smooth.



2. Finely chop ¼ red onion, garlic, coriander and tomato and add to the avocado.



3. Juice ½ a lime or lemon and mix two tablespoons of the juice into the avocado mixture. Sprinkle pepper and add chilli as desired.