

Guacamole



Ingredients

- 1 ripe avocado
- ½ a lime
- 1 clove of garlic



Equipment

Chopping board, vegetable knife, mixing bowl, juice squeezer, garlic press, fork, serving dish and plate.



Method

1. Halve the avocado, remove the stone, peel and place in the mixing bowl.
2. Squeeze the juice from the lime into the mixing bowl.
3. Peel and crush the garlic then add it to the other ingredients.
4. Mash all the ingredients together with the fork and serve.



Dipper suggestions

- Serve with grilled tortilla bread cut into triangles, toast sticks or baby sweetcorn.



Handy hints

- Try adding some finely chopped tomato.

Serves 2