



## AVOCADO SALSA – SERVES 4



This easy recipe is enriched with vitamins, minerals and healthy fats.  
A delicious lunchtime snack served with vegetable crudité's and wholemeal pitta bread.

| INGREDIENTS   | EQUIPMENT   | METHOD  |
|---|---|---|
| <p>2 ripe avocados<br/>2 cloves of garlic<br/>Spring onion<br/>1 lime<br/>1 large vine tomato<br/>2 tsp. coriander</p> <p><b>Optional</b><br/>¼ red chilli<br/>Pepper</p> <p><b>ALLERGENS</b><br/>None</p> <p><b>DIETARY COMPONENTS</b><br/>Avocados are full of healthy, beneficial monounsaturated fats that help to keep you full and satisfied, great for growing brains.</p> | <p>Vegetable knife<br/>Fork<br/>Spoon<br/>Garlic press<br/>Chopping board<br/>Mixing bowl<br/>Scissors<br/>Jug<br/>Juicer<br/>Serving bowl<br/>Teaspoon</p> | <ol style="list-style-type: none"><li>1. Cut the avocados in half, squeeze slightly to remove the stone, using a spoon scoop the flesh into a mixing bowl.</li><li>2. Mash the avocado with a fork.</li><li>3. Use the juicer to squeeze the lime then add the juice to the avocado mix.</li><li>4. Wash and finely chop the spring onion and add to the bowl.</li><li>5. Chop the tomato into small chunks and add to the bowl.</li><li>6. Peel and crush the garlic and add to the bowl.</li><li>7. Finely snip the coriander and add to other ingredients in the bowl.</li><li>8. Stir the ingredients together and spoon into a serving bowl.</li></ol> |



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