



# Spicy Avocado Dip

5'  
Hands on

5'  
Cook Time

4  
Portion(s)

1  
Difficulty



## Ingredients

- 1 onion, finely chopped
- 3 clove(s) of garlic
- 2 avocado(s), ripe
- 3-4 tablespoon(s) olive oil
- salt
- pepper
- chili flakes, some
- lime juice, of 1-2 limes
- lime zest, of 1-2 limes
- 1 tablespoon(s) vinegar
- coriander, fresh, optional

## Διατροφικός πίνακας

Nutrition information per portion

246 Calories (kcal)	23.0 Total Fat (g)	4.3 Saturated Fat (g)	4.7 Total Carbs (g)
12%	33%	22%	2%
2.7 Sugars (g)	1.9 Protein (g)	3.3 Fibre (g)	1.2 Sodium (g)
3%	4%	13%	20%

## Method

- In a small **pan**, sauté the onion and garlic with some olive oil, until soft.
- Transfer to a blender and add the avocado, salt, pepper, chili flakes, lime zest, lime juice, vinegar and coriander.
- Pour the olive oil in to the blender in a slow stream. Just enough to sweeten the dip a little and to give it a creamier texture.
- Serve with pita bread or breadsticks.

## Tip

Add as much olive oil and lime to suit your taste. More lime.. more zing!!