



Guacamole

15'
Hands on

4-6
Portion(s)

1
Difficulty



Ingredients

- 350 g avocado(s)
- lime zest, of 2 limes
- lime juice, of 2 limes
- 2 tablespoon(s) olive oil
- salt
- pepper
- 1/2 clove(s) of garlic
- 1/2 onion
- 1 tomato
- 1 tablespoon(s) coriander
- 1 tablespoon(s) mint

To serve

- nachos
- coriander leaves
- 1 tablespoon(s) olive oil

Method

- Clean the [avocado](#) and cut into small cubes.
- Transfer to a bowl and add the lime zest, 2 tablespoons of olive oil, salt and pepper.
- Mash with a fork but not completely. You want the avocado to have larger and smaller pieces for different textures.
- Add the garlic, onion, tomato, coriander and mint.
- Mix until all of the ingredients are completely combined.
- Serve with nachos, fresh coriander leaves and 1 tablespoon olive oil.

Tip

Make sure that the avocado is ripe and soft....but not black.

Διατροφικός πίνακας

Nutrition information per portion

163 Calories (kcal)	16.0 Total Fat (g)	3.0 Saturated Fat (g)	2.4 Total Carbs (g)
8%	23%	15%	1%
1.4 Sugars (g)	1.4 Protein (g)	2.1 Fibre (g)	0.18 Sodium (g)
2%	3%	8%	3%