

Guacamole

Season: Summer/Autumn

Type: Side Dish (for Mexican)

Difficulty: Easy

Serves: 30-40 tablespoons

Recipe source: Mr Williams (adapted from others)

Equipment:	Ingredients:
<ul style="list-style-type: none">• Knife• Chopping Board• Hand Juicer• Fork• Mixing Bowl	<ul style="list-style-type: none">• 4 ripe Avocados (Haas ideally)• 2 large tomatoes• Juice of one lime (or half a lemon)• ½ cup of Sour Cream• Salt & Pepper to taste

What to do:

- Remove the seeds and finely dice the tomatoes
- Cut the avocados in half and remove the stones
- Juice the lime/lemon
- Using a fork, scrape all the avocado halves into the bowl and roughly mash with the fork.
- Add the tomatoes, lime/lemon juice, Sour Cream and a little salt and pepper.
- Divide the mixture between bowls for each table

Notes

Most of the recipes also include minced garlic, finely chopped chilli and finely chopped onion, which are all nice. However, I tend to include those in other components where they blend a little better so you can choose your strong flavours in a taco sauce or spicy salsa.