Snacks / Mexico

Guacamole



Avocado, lime, onion and chilli crushed with a fork. No blender and no sour cream: both turn it into a dip rather than guacamole.

Time 15 min **Servings** 4

What you'll need.

- ☐ 3 piece Avocado — ripe
- ☐ 1 piece Lime — juiced
- ☐ 0.5 piece Red onion — finely chopped
- ☐ 1 piece Jalapeño — seeds removed
- ☐ 3 sprig Coriander
- ☐ 1 piece Tomato — seeded and diced
- ☐ Salt — to taste

Let's make it.

01 Halve the avocados, remove the stones and scoop the flesh into a bowl. A ripe avocado gives under a finger without collapsing.

02 Add the lime juice and the salt straight away. The acid needs to reach the flesh before it starts to brown.

03 Crush with a fork to a coarse, uneven mass. Lumps of avocado should remain — that is the texture you want.

04 Fold in the onion, the jalapeño and the coriander, taste, and adjust the salt or lime. The tomato goes in last and gently, so it does not water everything down.

05 Serve at once. If it has to wait, press cling film directly onto the surface — air is what darkens it.

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