

Guacamole

This recipe originated in Latin America and makes a great dip or accompaniment to fajitas and other Mexican foods. Avocados are delicious when ripe. An avocado is ready to eat if it feels soft when you gently squeeze it. Hard avocados are not very tasty and are very difficult to use in this recipe.



Milk and sulphites*

Nutritional information per portion (66g):

Energy 353kJ 84kcal 4%	Fat 7.3g 10%	Saturates 1.7g 8%	Sugars 2.2g 2%	Salt 0.05g 1%
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of an adult's reference intake.
Typical values per 100g: energy 535kJ/127kcal.

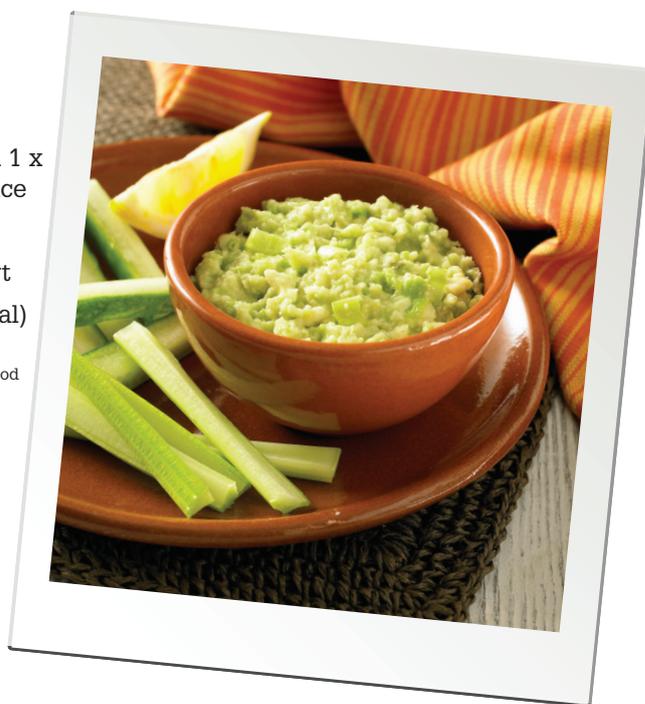
Equipment

- Chopping board
- Sharp knife
- Juice squeezer (optional)
- Measuring spoons
- Small bowl
- Tablespoon
- Fork
- Serving dish

Ingredients

- Serves 4**
- 1 spring onion (optional)
 - 1 small lemon (juice only) OR 1 x 15ml spoon bottled lemon juice
 - 1 ripe avocado
 - 100ml low-fat natural yoghurt
 - Ground black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Wash, top and tail then finely chop the spring onion.
2. If using a fresh lemon, slice in half and squeeze the juice.
3. Cut the avocado in half down the long side using a sharp knife.
4. Twist and separate the two halves. Remove the stone using a spoon.
5. Spoon out the flesh and put in a small bowl, immediately add 1 x 15ml spoon of the lemon juice.
6. Mash up the avocado using a fork until it is smooth.
7. Stir in the yoghurt and spring onion (if using). Season with black pepper (if using).
8. Put the mixture into a small serving dish.

Something to try next time

- Try 25g of finely chopped red onion instead of the spring onion or replace the lemon juice with lime juice.
- 1 finely chopped fresh chilli also works well in this recipe.

Prepare now, eat later

- This is best eaten fresh or within an hour of making. To stop the Guacamole from going brown, squeeze a little extra lemon juice over the top and stir before serving.

Skills used include:

Washing, measuring, chopping, squeezing, mashing, mixing/ combining and serving.

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