

EVERYTHING YOU NEED TO KNOW ABOUT OUR GUAC.



MAD MEX GUACAMOLE

Time: 10 Min

Equipment needed:

- Large mixing bowl
- Knife
- Teaspoons
- Wooden spoon or spatula
- Spoon
- Masher

INGREDIENTS:

- Haas Avocado - 1 1/2 cups
- Brown Onion diced - 3/8 cup
- Roma Tomato diced - 3/8 cup
- Jalapeño diced - 1 Tsp
- Salt - 1/4 Tsp
- Coriander - 1/4 cup
- Lime juice - 1 1/2 Tsps

METHOD:

1. Cut avocados in half and remove seed
2. Using a spoon scoop out the flesh and add to the mixing bowl
3. Mash the avocado ensuring there are no large chunks remaining
4. Add the diced onion, diced jalapeño, salt, lime juice and chopped coriander to the mixing bowl
5. Mix together using the spatula
6. Drain the excess liquid from the diced tomatoes and add to the mixing bowl
7. Fold the tomatoes into the guacamole, avoiding mashing the tomatoes
8. Taste and adjust seasoning if required