

# Guacamole Recipe

## Ingredients

3 or 4 avocados

Cherry tomatoes

A red or green chilli (as much or as little as you like)

1/2 red onion

Lime juice

Salt



## Method

1. First wash your hands.
2. Chop the onions, tomatoes and chilli and place in a bowl.
3. Cut the avocados through all around and remove the stones (adult supervision may be needed here).
4. Cut a criss cross pattern and push up to reveal cubes of avocado.
5. Place the avocado cubes in the bowl with a good splash of lime juice.
6. Sprinkle with salt.
7. Mix—you can leave it chunky or mash with a fork or potato masher.

