

Avocado Guacamole



Ingredients (Serves 4): 2 medium-sized ripe avocados, juice from 1 lemon, zest from 1 lemon, Extra virgin olive oil, sea salt, ground black pepper

Additional: Add 1 red chilli if you prefer a spicier version, 1 x finely chopped tomato, ¼ of a red/yellow pepper (finely chopped), fresh chopped coriander, fresh chopped mint
Extra virgin olive oil / sesame oil / chilli oil / lemon oil to flavour

Preparation: <10 minutes

1. Zest the lemon into a mixing bowl and then add the juice.
2. Cut the avocado in half, remove the stone and use a spoon to scoop the flesh from the skin and add to the mixing bowl.
3. Use a fork to gently mash the avocado and mix well with the lemon to prevent discolouring.
4. Add in a glug of olive oil and season with salt and pepper for a simple guacamole.
5. If using additional ingredients, finely chop and stir in to the guacamole.
6. Serve immediately.