

GUACAMOLE WITH CHILLI



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2 ripe avocado's

1/2 red onion, finely chopped

1 tomato, diced

1/2 lime, juice only

Tabasco to taste

1 handful of coriander, chopped

1 pinch of salt

1 pinch of black pepper

2 tsp olive oil

1 green chili, deseeded and chopped finely (optional)

Cut the avocado's in half and remove the stones before scooping the flesh out into a bowl.

Add the rest of the ingredients, mix well with your hands and season to taste.

Serve immediately.

Recipe and photo: Elize de Kock