



Guacamole

Difficulty: Easy

Type: Side

Allergy advice: Fructose

Serves: 36 tastes

Cuisine:

From the garden: Tomatoes, spring onions, chives, corn

Season: All

Source: SAKGF

Equipment	Ingredients
<ul style="list-style-type: none"> • Chopping boards and mats • Cooks knives • Medium sized mixing bowl • Fork or masher • Citrus juicer • Grill frying pan • Gloves (for chillies) • Wooden spoon • Ramekins or small bowls to serve • Small spoons to serve 	<ul style="list-style-type: none"> • 2-3 large avocados • 1 large or 2 small cobs of corn, husks removed • 3 spring onions, finely chopped • 1 long red chilli, de-seeded and finely chopped • 2-3 large tomatoes, finely diced • 1 small handful coriander, finely chopped • Small handful chives, finely chopped • Juice and zest of 1-2 limes

What to do:

1. Gather and prepare all of the ingredients as per the instructions on the ingredients list.
2. Place the grill pan onto a medium to high heat, and place in the cleaned cobs of corn. Turn occasionally to cook and char slightly, this should only take a few minutes. Remove from the pan and set aside on a clean plate to cool.
3. Slice the avocados lengthways in half and remove the seed. Scoop out the flesh into the medium sized bowl and mash.
4. Add the remaining ingredients to the mashed avocado and mix.
5. Finally, carefully remove the corn kernels from the cob by slicing down the corn lengthways.
6. Add the corn to the Guacamole, stir to combine all of the ingredients and spoon into ramekins to serve. Enjoy!