Chunky Guacamole

Proper chunky guacamole, sharpened with lime and a little chilli heat.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**4**	**EASY**

Ingredients

- 1 ripe avocado (chopped)
- 2 tomatoes (deseeded and diced)
- 1 onion (finely chopped)
- 1 red chilli (deseeded and finely chopped)
- 2 tbsp lime juice
- 2 tbsp olive oil
- 3 tbsp fresh coriander (chopped)

Method

1. Mash the avocado roughly in a bowl, leaving plenty of texture.
2. Stir in the tomatoes, onion, chilli, lime juice, olive oil and coriander.
3. Season with salt and serve immediately.

Tips & swaps

- Best made just before serving — avocado discolours within an hour or two.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
130	**1g**	**6g**	**12g**	**4g**

Estimated values, for guidance only.