

PROPER GUACAMOLE

2 large avocados - ripe but still firm

¼ red onion - finely diced

1 garlic clove - finely diced

3 tablespoons fresh lime juice

1 large red chilli - deseeded and finely diced
handful of Fresh Coriander or 1/4 Dried Coriander

sprinkle of Sea Salt to taste

To garnish: additional fresh coriander, toasted cumin seeds

Scoop the flesh from the avocados. Mash with a fork to desired consistency. Add the remaining ingredients and mix well. Season generously to taste.

