

## Avocado Guacamole

### Ingredients:

2 medium, ripe tomatoes	3 tablespoons of coriander leaves, finely chopped
2 large, ripe avocados	salt to taste
1 large clove of garlic crushed	freshly ground black pepper to taste
juice of half a lemon	

### Method:

Remove the hard stalk end of the tomatoes and make a cross with a sharp knife at the bottom of the tomatoes. Place the tomatoes in boiling water for two minutes, remove and plunge in to cold water. When cool enough to handle, remove the skin of the tomato and chop roughly.

Scoop out the avocado flesh and mix it with the chopped tomato.

Add the crushed garlic, finely chopped coriander, the lemon juice and the salt and pepper and mix it with a fork for a chunky consistency. If a smoother consistency is wanted, use a food processor to blend all the ingredients.

Cover with cling film and refrigerate until ready to serve. Serve with dipping sticks of carrot, cucumber or celery or as a sauce on the side.