

Deconstructed Guacamole of the Imagination

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: avocados, coriander, corn kernels (optional) cucumber, garlic, limes, red capsicum (optional), red chilli (optional), red onion, spring onions (optional), tomatoes

Recipe source: Adapted with permission from a recipe by Anna Gare's *Eat In* (Murdoch Books 2013)

This recipe keeps the avocado a little chunky instead of mashing it, and uses red onion and cucumber for a bit of extra crunch. Choose a selection (or all!) of the extra ingredients from the suggestions list to create your own guacamole sensation!

Equipment:

clean tea towel
chopping board
cook's knife
metric measuring scales,
jug and spoons
whisk
2 bowls – 1 medium,
1 large
mixing spoon
serving bowls

Ingredients:

For the guacamole:

1 large cucumber, diced
4 large tomatoes, de-seeded
and diced
1 small red onion, finely chopped
3 large avocados, peeled, de-stoned
and diced
1 large handful of coriander, leaves
and stems roughly chopped

Suggested extras:

1 red capsicum, de-seeded and
finely diced
1 long red chilli, de-seeded and
finely chopped
1 x 200 g can kidney beans
200 g corn kernels, grilled
60 g low-fat sour cream
4 spring onions, finely chopped

For the dressing:

60 ml lime juice
60 ml extra-virgin olive oil
2 garlic cloves, finely chopped
1 tsp sea salt
pinch of white sugar
pinch of freshly ground black pepper,
to taste

