



GUACAMOLE with CRISPY TORTILLA DIPPERS

serves 4

INGREDIENTS FOR GUACAMOLE

- 2 large ripe avocados
- 2 ripe tomatoes
- ¼ bunch chives
- ½ bunch coriander
- salt to taste

EQUIPMENT

- knife
- chopping board
- sharp knife
- dessertspoon
- teaspoon
- potato masher
- pastry brush
- baking tray
- rubber scraper
- oven mitts
- scissors
- bowls

FOR TORTILLA DIPPERS

- 2 whole wheat tortillas
- olive oil

METHOD

1. Preheat oven to 170°C.
2. Line a baking tray with baking paper.
3. Brush the two tortilla discs with a little olive on both sides.
4. Place on baking trays and bake 5 minutes on one side. Flip over and bake a further 5 minutes or until golden and crisp.
5. Carefully remove from oven using oven mitts and allow to cool.
6. Using your hands break into crazy shapes for dipping.

TO MAKE GUACAMOLE

1. Chop the chives and coriander into small pieces with a pair of scissors. Set aside.
2. Cut the tomatoes in half and remove seeds with a teaspoon.
3. Chop the tomatoes into small pieces. Set aside.
4. Ask an adult to cut the avocados in half with a sharp knife.
5. Remove the stone with a spoon and scrape the flesh into a medium sized bowl.
6. Roughly mash the avocado with the potato masher and keep it slightly chunky.
7. Add the chives, coriander, tomato and a little salt to your taste.
8. Pile into a nice bowl and serve with the crispy pita dippers.

add a little chilli and lime juice if you'd like to Ramp up the flavours!

FROM THE MARKET

- Avocados — Adelaide Hills Avocados
- Tomatoes — Virgaras Garden , H & L Hydroponics,
N & M Tsimiklis, Patlin's Gardens
- Chives and Coriander — Salad Greens and Kitchen Herbs
- Olive Oil — Olive Lair & Pendleton Estate