



## **AVOCADO AND TOMATO SALSA**

### **Ingredients**

- 2 avocados
- 4 tomatoes
- 1/2 a red onion or 2-3 spring onions
- 1-2 red chillis to taste
- 1 lime
- Handful of chopped fresh coriander (optional)
- 1 tablespoon of olive oil
- Salt and pepper

**Equipment:** Mixing bowl, spatula, lemon squeezer, chopping board, knife, tablespoon

### **Method**

1. Chop the tomatoes finely. Place in a mixing bowl
2. Cut the avocado in half, remove the stone from the centre and the skin. Chop into small pieces and add to the tomatoes
3. Finely slice the spring onions, discarding the root and any tough outer skin/leaves and add to the bowl.
5. Remove the seeds from the chillies and slice very finely (Be careful not to touch your eyes or skin and wash your hands thoroughly afterwards). Add to the bowl.
6. Squeeze the lime.
7. Chop the coriander finely (if using)
8. Add the olive oil and lime, salt and pepper to taste, stirring thoroughly. Finally, stir in the chopped coriander before serving.