Guacamole
2 ripe avocados
1 spring onions finely diced
2 shallots finely chopped
1 green chilli or a dash of Tabasco
1 tomato finely chopped
Juice of 1 lime
Freshly ground pepper
Sea salt

Equipment
mixing bowl
fork.
chopping board
disposable gloves
large knife

Method
1. In a bowl, mash the ripe avocados with a fork and mix in the other ingredients.
2. Put on your disposable gloves and place your chilli on the chopping board, slit the chilli down the centre with your knife, remove seeds and place in the bin. Chop the chilli finely and then add to the avocado mix. Wash your board and knife. Place gloves in paper bin. (If you do not have any chilli then replace with a dash of Tabasco be careful as it is potent. Chop the remaining ingredients, add the shallots, and lime gently mix in then top with tomatoes and spring onion on the top of the dip.
It is a good idea to make this ahead of time to allow the flavours to mingle.
Serve with piadina, crudité, or use with nachos, in tacos, tortillas.

(1 Tablespoon)

**USE SWEET CHILI SAUCE not green chili or Tabasco.**