

Ingredients

- 2 avocados, halved, stone removed
- 1 spring onion, chopped
- 1 small clove garlic, crushed
- juice of 1 lime
- a few sprigs fresh coriander, chopped

Method

1. Scoop out the avocado flesh with a spoon and then mash it with a fork, leaving it a little chunky if you like. Mix in the spring onion, garlic and lime juice. Add salt and pepper to taste. Garnish with coriander leaves.

