

PERFECT GUACAMOLE

1. Cut the avocados in half lengthwise, then twist to separate.

Squeeze the meat out of the skins, and discard the seed in the middle.

Mash the avocado in a bowl with a fork.

2. Cut the lime in half and squeeze the juice into the bowl, then add the onion, chiles, a pinch of sea salt and a handful of freshly chopped cilantro.

3. Taste test - if it is lacking a little flavor, add more salt.

INGREDIENTS:

- Two ripe avocados
- 1 lime
- 1/4 yellow onion, diced
- 1 small can chopped green chiles
- sea salt
- fresh cilantro