

RECIPE

# Guacamole



Preparation time: **10 minutes**

Ingredients for **4 persons**

## Tips

Ideal to accompany all kinds of preparations such as roasts, tacos and nachos.

## Ingredients

- Avocado 2
- Red Onion ½
- Tomato 1
- Cilantro 20 g
- Sunflower oil 2 teaspoons
- Lemon 2
- Salt
- Sugar

## Preparation

1. Cut the tomato into quarters and carefully remove the seeds with a knife and set aside.
2. Finely cut the tomato into cubes and the seeds as well.
3. We also cut the onions into fine cubes.
4. Finely chop the cilantro.
5. With the help of a small knife cut the avocado in half, remove the seed and cut small cubes.
6. With a spoon, add the avocado previously chopped in a bowl and mash it to a puree texture.
7. Add the previously chopped ingredients together with the oil and mix everything together until everything is well integrated.
8. Check the flavor and add more salt to taste if necessary.