

# Deconstructed Guacamole of the Imagination

**Season:** Summer/Autumn

**Serves:** 30 tastes in the classroom or 6 serves at home

**Fresh from the garden:** avocados, coriander, corn kernels (optional) cucumber, garlic, limes, red capsicum (optional), red chilli (optional), red onion, spring onions (optional), tomatoes

**Recipe source:** Adapted with permission from a recipe by Anna Gare's *Eat In* (Murdoch Books 2013)

This recipe keeps the avocado a little chunky instead of mashing it, and uses red onion and cucumber for a bit of extra crunch. Choose a selection (or all!) of the extra ingredients from the suggestions list to create your own guacamole sensation!

## Equipment:

clean tea towel  
chopping board  
cook's knife  
metric measuring scales,  
jug and spoons  
whisk  
2 bowls – 1 medium,  
1 large  
mixing spoon  
serving bowls

## Ingredients:

### For the guacamole:

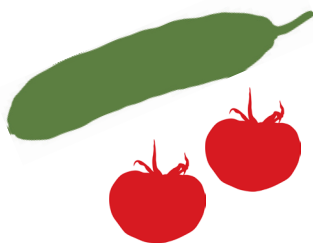
1 large cucumber, diced  
4 large tomatoes, de-seeded  
and diced  
1 small red onion, finely chopped  
3 large avocados, peeled, de-stoned  
and diced  
1 large handful of coriander, leaves  
and stems roughly chopped

### Suggested extras:

1 red capsicum, de-seeded and  
finely diced  
1 long red chilli, de-seeded and  
finely chopped  
1 x 200 g can kidney beans  
200 g corn kernels, grilled  
60 g low-fat sour cream  
4 spring onions, finely chopped

### For the dressing:

60 ml lime juice  
60 ml extra-virgin olive oil  
2 garlic cloves, finely chopped  
1 tsp sea salt  
pinch of white sugar  
pinch of freshly ground black pepper,  
to taste



**What to do:**

1. Prepare all of the ingredients based on the instructions in the ingredients list.

**To make the dressing:**

1. Whisk all of the dressing ingredients together in the medium-sized bowl.

**To make the guacamole:**

1. Combine all of the guacamole ingredients in the large bowl.
2. Pour over the dressing, gently toss to coat and then serve with your choice of extra ingredients.

