



## Super-Fast Guacamole:

Yield: About  $\frac{3}{4}$  cup (175mL)  
Preparation Time: About 10 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"><li>• 1 large ripe avocado</li><li>• <math>\frac{1}{2}</math> lime, juiced</li><li>• Pinch salt and freshly cracked pepper</li><li>• <math>\frac{1}{4}</math> tsp (1mL) ground cumin</li><li>• Dash hot sauce or pinch of red pepper flakes (optional)</li></ul>	<ul style="list-style-type: none"><li>• Small sharp knife</li><li>• Cutting board</li><li>• Medium-sized bowl</li><li>• Spoon</li><li>• Fork</li><li>• Juicer or citrus reamer</li><li>• Measuring spoons</li></ul>

### **Method:**

1. Cut the **avocado** in half and remove the pit with a small spoon. Scoop out the avocado with the spoon and place in a bowl. Mash with a fork.
2. Juice  $\frac{1}{2}$  lime into the mixture.
3. Add **salt and pepper** to taste and add the hot sauce, if you wish.
4. Add  $\frac{1}{4}$  tsp (1mL) **cumin**.
5. Add the **hot sauce** or **chilli flakes**, if you wish.
6. Mix well with a fork or spoon. Cover with plastic wrap pressed onto the guacamole and use up within one day.