



# AVOCADO DIP



## INGREDIENTS

- 1 avocado
- 2 tablespoons yoghurt
- Handful of coriander leaves
- Juice of ½ lime
- Salt and pepper

## FROM THE GARDEN

- Coriander
- Limes

## EQUIPMENT

- Small bowl
- Fork
- Chopping board
- Sharp knife
- Citrus juicer

## INSTRUCTIONS

1. In a small bowl, mash the avocado with a fork.
2. Put 2-3 coriander leaves to one side, then chop the rest up finely.
3. Add the yoghurt, lime juice and chopped coriander to the avocado.
4. Season with salt & pepper.
5. Place in a serving bowl and garnish with reserved coriander leaves.