

Avocado Dip

I normally make this from scratch without a recipe, so quantities are a bit of a guess. Feel free to use your creative imagination when making this!

- 3 Avocados ¹
- 3 Birdseye Chillies – chopped finely (with seeds)
- 2 Fresh limes – juiced
- 100g Greek style yoghurt
- 3 Garlic cloves – crushed ²
- 15g Fresh coriander
Reserve some for garnishing and pick the leaves from the stems of the rest and finely chop.

Mix all ingredients together (except the chopped coriander) until you achieve your desired consistency. Stir in the coriander, season, garnish and serve.

¹ Three avocados makes quite a lot. I originally set out to use two, but with the yoghurt added it went too runny so I bulked it up with the third avocado. If you want a more day to day at home quantity, I suggest a half recipe would be sufficient.

² I use the Marco Pierre White technique of reasonably finely chopping the garlic cloves, adding salt to lightly cover the garlic and then using the blade of a knife to squash the garlic and salt together to form a paste. If it is not happening easily, add a bit more salt (basically, the salt is acting as an abrasive).