

Organic Guacamole



Avocado, (*Persea americana*) is the true star of this dish, providing a wealth of the following beneficial nutrients. Monounsaturated fatty acids to reduce LDL cholesterol; anti-inflammatory omega-3; soluble and insoluble fibre for gut health; provitamin A, lutein and zeaxanthin for eye health; vitamins C, D, E; seven of the eight B vitamins to keep your nerves healthy; and choline, an essential precursor for the neurotransmitter acetylcholine, which is the brain's messenger to the rest of the body.

Do those sound like enough reasons to add it to your weekly intake? It figures in the Blue Zone Longevity diet, Costa Rica and is a classic feature of Mexican cuisine. This healthy dish has also been imported into the United States and is popular there served with tortillas, beans and rice during most sporting events.

Cultivated as early as 750 BC in Central America, avocados were brought back to Europe by the Spanish in the 16th century. They thrive in a tropical, humid climate with a well drained soil, but have now been bred to cope with a drier Mediterranean climate in Spain, Cyprus and Israel and may be grown as far south as New Zealand's North Island, provided there is no frost.

Credits: Ceri, Zenxin master chef

Key facts:

- Preparation: 15 mins
- Total: 15 mins
- Serves: 8-10

Ingredients:

- 2 cloves of organic Morado garlic
- ¼ tsp French sea salt
- ¼ cup chopped organic red onion
- ¼ cup chopped organic coriander
- 1 ripe organic tomato
- 2 large, ripe organic avocados
- A small pinch of Simply Natural Organic red chilli supreme
- Juice of ½ an organic lemon
- Organic coriander for garnishing
- Freshly grated organic black pepper

Methods:

1. Peel the 2 cloves of garlic and pound together with the sea salt to a fine paste.
2. Peel and dice the onion, wash and chop the coriander and tomatoes into small pieces.
3. Peel, de-stone and mash the avocados roughly, adding the lemon juice and chilli.
4. Mix above ingredients together gently.
5. Garnish with fresh coriander and freshly grated black pepper and enjoy!