



GORGEOUS GUACAMOLE

This tasty and nutritious dip is perfect for lunchboxes. The guacamole makes a great sandwich filler, and you could also add prawns or crab and lettuce. Or you could halve the portion size and serve as a delicious after-school snack with pitta fingers and veg sticks.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; chop using bridge/claw safely; snip herbs with scissors; mash; use a citrus squeezer/zester; garnish and decorate.

Equipment: Knife, chopping board, jug, kettle, medium mixing bowl.

Allergens*:

Ingredients (serves 4):

- 2 medium tomatoes, peeled, deseeded and chopped
- 2 small avocados, halved, stoned and peeled
- 1 clove garlic, crushed
- 1 green chilli, deseeded and finely chopped
- Juice of 1 lime
- 1 small handful of fresh coriander, chopped

Method

1. Prepare the tomatoes by making a cross with a knife on the stalk end of the tomato, place in boiling water for 30 seconds, remove and peel. After peeling deseed and chop.
2. Add the chopped tomatoes and avocados to the mixing bowl with the remaining ingredients.
3. Combine the mixture well with a fork until you have a rough puree of dipping consistency, with a few pieces of avocado still apparent.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about guacamole ...

Avocados are a good source of a range of vitamins (C, E and B6), minerals and fibre. They are high in calories and fat, but the type of fat they contain is considered to be a 'healthy' fat (monounsaturated fat).



Tomatoes contain plenty of vitamins and minerals. They also contain lycopene, a type of antioxidant which can help protect us against certain diseases.



Energy, sugar, fat and salt per serving

Per 126g serving

ENERGY
625kJ / 151kcal 7%

MED FAT
14.0g 20%

MED SATURATES
2.9g 15%

LOW SUGARS
1.8g 2%

LOW SALT
0.02g <1%

% of an adult's reference intake

Typical values per 100g : Energy 496kJ / 120kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.