



Avocado Salsa

Homemade avocado salsa puts the life into pitta breads and wraps as a replacement for mayonnaise or salad cream. You could also use it to dollop onto your salad instead of a dressing. Delicious used to accompany chicken or fish or as an accompaniment to your BBQ meals. Use it as a dip for mangetout or baby corns as a snack. You can alter the heat by adding more or less tobasco or by the addition of some chopped chilli.

Remember to make life easy for yourself and make double to keep in the fridge to go with your meals for the next couple of days.

Ingredients

- 1 ripe but firm avocado
- 2 large firm tomatoes
- 1/2 small red onion
- 1 rounded TBS fresh coriander, chopped
- 2 TBS fresh lime juice
- A few drops of tabasco sauce
- Salt and freshly ground black pepper

Serves 4

Method

1. To skin the tomatoes, put them in a bowl and cover them with boiling water. Leave for 1 minute, then transfer them to a bowl of cold water. Leave for another minute, then slip the skins off
2. Cut each tomato in half and, holding each half over a saucer (cut side down), squeeze gently to extract the seeds. Chop the tomato flesh as finely as possible
3. Next, halve the avocado, remove the stone, cut each half into quarters and peel off the skin
4. Chop the avocado into minutely small dice, and do the same with the onion
5. Finally, combine everything together in a bowl, adding the seasoning, lime juice, coriander and tabasco
6. Cover with clingfilm and leave on one side for an hour before serving to allow the flavours to develop
7. Serve this salsa with either grilled or baked salmon



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