

spicy guacamole with garlic flatbread



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Ingredients:

- 1/3 cup olive oil
- 3 garlic cloves, crushed
- salt and ground black pepper
- 250g ripe cherry tomatoes, quartered
- 2 green onions (shallots), trimmed and thinly sliced diagonally
- 2 small red chillies, halved, deseeded and finely chopped
- 1/3 cup coriander leaves, roughly chopped
- 2 medium just-ripe avocados
- 1/4 cup lime juice
- 4 medium rounds Lebanese flatbread, quartered

Health benefits of avocados:

- Avocados contain fat, but it's the 'good' unsaturated fat that can assist the body to absorb some vitamins and other protective plant nutrients.
- The richest source of vitamin E among all fruits and vegetables.

Method:

1. Preheat oven to 200°C. Place oil and garlic in a small bowl. Season with salt and pepper to taste. Whisk well to combine. Set garlic oil aside.
2. Place tomatoes, green onions, chillies and coriander in a medium bowl.
3. Halve avocados lengthways, remove seeds and peel. Chop flesh into about 1cm-pieces. Add avocados, lime juice and 2 tsp garlic oil to tomato mixture. Season with salt and pepper to taste. Toss gently to coat avocados in lime juice. Leave at room temperature for 15 minutes for flavours to develop.
4. Meanwhile, lightly brush flatbreads on both sides with remaining garlic oil. Place in a single layer on 2 baking trays. Bake, turning once, for 5–8 minutes or until crisp and just golden. Cut into wedges. Spoon guacamole into a serving bowl and serve with warm garlic flatbread wedges.

Serves: 4–6 as an appetiser or snack

Preparation: 25 minutes
(+15 minutes standing time)

Cooking: 5–8 minutes