

Guacamole with Finger Lime

- 2 ripe avocados
- 1 ripe tomato (seeds & pulp removed), chopped
- 1 Tbsp coriander leaves & stems, finely chopped
- 1-2 Finger Limes
- ½ teaspoon sea salt
- ½ lemon or lime (or equivalent juice)
- Black pepper
- Corn Chips to serve
- Vegetable sticks to serve



1. Halve the avocados and scoop out the flesh. Mash with a fork.
2. Chop the Finger Limes in half and squeeze out the solid pearls into the mashed avocado.
3. Add tomato, coriander, salt and pepper. Mix well.
4. If serving fresh, mix in the lemon juice too. Otherwise, squeeze lemon juice over the top and cover bowl with cling film and store in fridge; mix thoroughly before serving.

Did you know:

Guacamole is made with lemon or lime juice to slow down the rate of oxidation (the process that turns avocados brown). The tangy flavour is also a refreshing compliment to the normally buttery avocado and adds sweetness to the naturally salty tomato.

With whole finger lime pearls added to the mix, every mouthful comes with an extra burst of sweet citrus.

The finger limes were originally used by Indigenous tribes as a food source; the limes were foraged in tropical jungles for their tangy pulp. The pearls were also used for medicinal purposes to ward off sickness and were applied topically as an antiseptic.