

Avocado and pumpkin guacamole

- 150g ripe avocados, mashed
- 150g jap pumpkin, cooked and mashed
- 1 lime, juiced
- 1 chili, finely chopped
- 1 ripe tomato, finely chopped
- 1 clove garlic, crushed
- ¼ red onion, finely chopped
- 4 sprigs coriander, chopped
- 30ml extra virgin olive oil
- salt & pepper, to taste
- Tabasco sauce, to taste

1. Combine all ingredients.
2. Season with salt and pepper; add Tabasco sauce to desired spiciness.
3. Serves with toasted bread, or sticks of crisp vegetables

Serves 6 – 8.



Recipe and image by Chef Jason Ford