

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
 $\frac{1}{4}$ 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