

Green Garlic Guacamole



Ingredients

- two very ripe avocado, such as Hass
 - 1 teaspoon Maldon sea salt
 - 2-3 cloves of green garlic
 - 2 spring onions
 - 1 lemon, juiced
 - ground black pepper, to taste
 - 2 green chillies
 - 2 medium tomatoes

Method

1. Peel, chop and then mash the avocado in a bowl with a teaspoon of Maldon sea salt.
2. Finely chop the green garlic cloves and spring onions and stir them through the avocado mixture, thinning the puree with lemon juice (the citric acid in the lemon will also prevent discolouration of the avocado). Grind a little black pepper in, to taste.
3. Meanwhile, boil some water and pour over the tomatoes in a separate bowl. After a minute or two, you should be able to slip the tomato skins off, and can now finely chop the tomatoes, along with the green chillies.
4. Top the guacamole with the finely chopped tomatoes and chillies.

Serve this lip-smacking dip as an appetiser; spread it on sourdough toast and top with a fried or poached egg for brunch; use as a vegan alternative to mayonnaise in a sandwich or quesadilla; add to traditional Mexican tacos alongside your favourite filling, or use to top baked potato skins or fried potato cakes.

Recipe from The Garlic Farm on the Isle of Wight brought to you by

