

Mexican Recipes

Guacamole

2 ripe avocados
1 small onion
1 clove garlic
1 small tomato
Juice 1 fresh lime
Salt and pepper to taste

Peel avocados and remove the pit

Peel and chop the onion and the garlic

Chop the tomato.

Mash the avocado in a bowl and then stir in the remaining ingredients.

Serve cold with tortillas



Salsa

6 very ripe plum tomatoes

Handful of coriander leaves, chopped

Small red onion, finely chopped

2 jalapeno chilli peppers, chopped (ask an adult to help you with these and remove the seeds if you don't want it too hot).

1 tbsp extra virgin olive oil

Juice of 2 limes

¼ tsp sea salt

1 tsp soft brown

Pepper to taste

Cut the tomatoes into quarters and scoop out the seeds and discard. Dice the tomatoes and mix with the coriander leaves, red onion, chilli peppers, oil, half the lime juice, salt, pepper and sugar. Taste and add more lime juice, sugar or salt. Leave for 20 mins and serve cold with tortillas.



Nachos

200g cheddar cheese
200g canned black beans
150g avocado, sliced
4 tbsp sour cream
1 packet tortilla chips
Salsa – see previous recipe

Layer tortilla chips onto a baking sheet and add cheese, beans and salsa. Continue to layer.

Grill for 2-3 minutes until the cheese has melted

Serve with avocado, sour cream and salsa.

