

Avocado smash

Serves 10

Ingredients

- 2 tomatoes
- 2 spring onions
- Small bunch of basil
- 2 ripe avocados
- Juice of 1 lemon

Method

1. Dice tomatoes. Finely slice spring onions. Shred basil.
2. Place avocados in a bowl and mash with a fork.
3. Add diced tomatoes, spring onions, basil and lemon juice to the bowl and mix until combined. Transfer to a serving bowl.
4. Serve with vegetable crudités or pita crisps.



NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 244g		
	Per serve	Per 100g
Kilojoules (kJ)	1673	686
Protein (g)	30.9	12.7
Total fat (g)	15.7	6.5
- Saturated fat (g)	5.6	2.3
Carbohydrates (g)	30.2	12.4
- Sugars (g)	3.5	1.4
Fibre (g)	5.8	2.4
Sodium (mg)	484	198

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines