

Mashed Avocado

Serves 2

Hands-on Time 10 minutes

Ingredients

- 1 ripe avocado
- ¼ thumb-sized piece of root ginger
- 1 lime
- Fine salt (to taste)

Equipment

- Knife
- Spoon
- Bowl
- Juicer
- Micro-grater
- Fork

Method

- Halve the avocado and remove the stone. Scoop the flesh into a bowl.
- Halve the lime and squeeze the juice over the avocado.
- Peel the ginger using the back of a spoon, then grate it over the avocado.
- Sprinkle with salt and mash everything together with a fork.
- Taste and adjust the salt if needed, balancing the flavours.

Enjoy!