

Guacamole with Garlic on Wholemeal Bread

15–20 Min

Preparation

1. Cut the avocados in half, remove the stone and scoop out the flesh with a spoon. In a bowl mash the flesh using a fork.
2. Dice the tomatoes. Peel and thinly slice the onion. Add the tomato and onion to the smashed avocado.
3. Thinly slice the cilantro and fold it into the guacamole.
4. Squeeze the lime and mix the lime juice with the chili granules and garlic granules. Season with sea salt and pepper to taste.
5. Spread the guacamole onto wholemeal bread sprinkle with cilantro leaves and enjoy.

Ingredients 2 Portions

= Kotányi Produkte

2	Slices of wholemeal bread
2 piece	Avocados
1	Tomato
1	Onion
1	Lime
1	Handful of fresh cilantro leaves
1 tsp.	Garlic Granules
1 pinch	Chili Extra Hot Granules
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole