



Raw Coriander Chutney

SAUCES, SPREADS AND BASICS

Ingredients:

Ripe Avocado: 1 Large

Coriander/Cilantro: 1 bunch (stalks and leaves)

Lime: 1

Salt to taste

Method:

Remove roots from coriander/cilantro and roughly chop. Deseed the avocado and scoop the fruit, along with the juice of a lime and chopped coriander into a high-speed blender. Add salt to taste and blend until smooth. If you would prefer the chutney to be a more liquidy consistency, add water.