

# Eat a Rainbow Recipes

## GREEN

### Guacamole with Crispy Tortilla Dippers

Serves 4

#### Ingredients:

2 large ripe avocados  
2 ripe tomatoes  
¼ bunch chives  
½ bunch coriander  
Salt to taste  
2 whole wheat tortillas  
Olive oil

#### Equipment:

Chopping board and knife  
Pastry brush  
Baking tray  
Rubber scraper  
Kitchen scissors  
Oven mitts  
Bowls

#### Method:

To make guacamole

1. Chop the chives and coriander into small pieces with a pair of scissors. Set aside.
2. Cut the tomatoes in half and remove seeds with a teaspoon.
3. Chop the tomatoes into small pieces. Set aside.
4. Cut the avocados in half with a sharp knife.
5. Remove the stone with a spoon and scrape the flesh into a medium sized bowl.
6. Roughly mash the avocado with the potato masher and keep it slightly chunky.
7. Add the chives, coriander, tomato and a little salt to your taste.
8. Pile into a nice bowl and serve with the crispy pita dippers.

To make tortilla dippers

1. Preheat oven to 170°C.
2. Line a baking tray with baking paper.
3. Brush the two tortilla discs with a little olive on both sides.
4. Place on baking trays and bake 5 minutes on one side. Flip over and bake a further 5 minutes or until golden and crisp.
5. Carefully remove from oven using oven mitts and allow to cool.
6. Using your hands break into crazy shapes for dipping.



green leaves  
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