



Food For Thought Recipe and Allergen Card

Guacamole

25 Portions

Ingredient	Hannah Product Code	Quantity
Avocado		6 Avocado
Red Onion		1 Red Onion
Fresh Tomato		6 Fresh Tomatoes
Fresh Coriander		Handful Chopped Coriander
Lime Juice		Juice of 3 limes
Salt & Pepper		To Taste

RECIPE METHOD

1. Finely chop the Red Onion, Tomatoes & Coriander.
2. Half the Avocados, remove the stone and scoop out the flesh using a spoon.
3. In a bowl add all the ingredients together with the Lime Juice & Seasoning and mix well.

The allergens highlighted in RED are present in this dish

Allergens:

Cereals : Wheat
Rye
Barley
Oats
Spelt
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...