

Guacamole and Pita Chips

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes

 ½ serve per portion

Ingredients

1 large wholemeal pita bread

Olive oil spray

Paprika, to taste

Oregano, to taste

1 avocado, destoned

2 stalks coriander, finely chopped

Small wedge red onion, finely diced

4 cherry tomatoes, diced

¼ lime, juiced

Salt and pepper, to taste

Method

PREHEAT oven to 180°C and line a baking tray with baking paper.

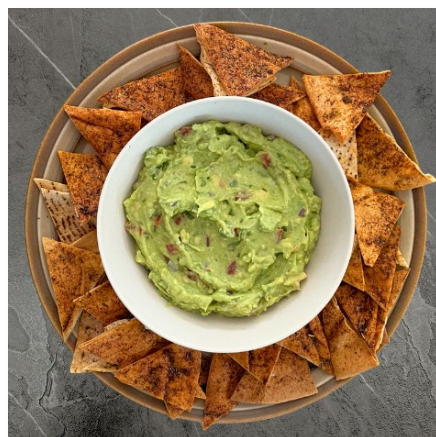
SPRAY the pita bread with olive oil cooking spray and sprinkle with paprika and oregano. **RUB** the seasonings into the pita bread then cut into triangles.

ARRANGE the triangles on a baking tray and bake for 10-15 minutes or until golden and crispy. Set aside to cool.

SCOOP the avocado into a small bowl and mash with a fork.

ADD the coriander, red onion, lime juice and salt and pepper and mix well.

SERVE the guacamole with the cooled pita chips.



Everyday Food

Recipe courtesy of the Country Kitchens team