

# 食譜

## Recipes



## Toast with Mexican Sauce

### Ingredients:

Purple onion	¼ piece
Tomato	1 piece
Baguette	1 piece
Avocado	2 pieces
Lemon (juiced)	½ piece

(Serves about 8 persons)

### Seasoning:

Salt	¼ teaspoon
Coarse black pepper	As appropriate



### Method:

1. Finely chop the purple onion. Peel and remove the seeds of the tomato. Finely chop the tomato. Set aside.
2. Slice the baguette and bake to make toast. Set aside.
3. Peel and core the avocado, then mash it in a bowl until a guacamole is formed. Add lemon juice, finely chopped tomato, finely chopped purple onion, salt and coarse black pepper, then mix well.
4. Serve with the baguette toast.



### Nutrition Tips

1. Avocado is rich in unsaturated fat and dietary fibre, which is good for cardiovascular health.
2. Purple onion, tomato, lemon juice and black pepper are natural ingredients that enhance the flavour of guacamole. The guacamole is tasty even only a little amount of salt is added.
3. Lemon juice can prevent the guacamole from turning black when coming into contact with oxygen in the air.
4. As the energy content of avocado is relatively high, those under weight management should limit the intake.