

# 墨西哥鳄梨酱 Guacamole

## Makes 4 servings 4人份

原材料：3个鳄梨，1个柠檬，1/3茶匙盐，半个洋葱，15g香菜碎，1个大番茄，1茶匙蒜蓉

**Ingredients:** 3 avocados - peeled, pitted, and mashed, 1 lime, juiced, 1 teaspoon salt, ½ diced onion, 3 tablespoons chopped fresh cilantro, 1 tomato, diced, 1 teaspoon minced garlic

做法：

1. 鳄梨去皮，去核，在一个大碗里用勺子碾碎鳄梨
2. 鲜柠檬挤汁，番茄切丁，洋葱切丁，加入蒜蓉，香菜碎和盐放到鳄梨碗里，搅拌均匀。
3. 放到冰箱冷藏1小时或者直接享用美味。

### Instructions:

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Refrigerate 1 hour for best flavor, or serve immediately.

