



CREAMY GREEK GUACAMOLE



PREP TIME: 20 Mins
TOTAL TIME: 1 Hour 20 Minutes
SERVES: 6 people
SPICE LEVEL: Mild

This creamy Greek guacamole packs all the taste of the Mediterranean in one delicious side dish!



215g tin chickpeas, drained and rinsed (130g drained weight)



1 garlic clove, chopped



1 small red onion, finely chopped



2 tablespoons lemon juice



2 large ripe avocados, peeled, stones removed and flesh chopped



1/4 teaspoon salt



3 tablespoons freshly chopped flat-leaf parsley



80g feta cheese, crumbled

1 COMBINE THE INGREDIENTS

Place the chickpeas, garlic, onion (reserving 1/2 tablespoon for garnish), lemon juice and avocado in a food processor and pulse until almost smooth, scraping down the sides of the bowl as needed. Transfer to a serving bowl and stir in the salt and nearly all the parsley and feta cheese. Season with freshly ground black pepper, if you like.

2 REFRIGERATE

Cover the surface closely with cling film and refrigerate for 1 hour to allow the flavours to blend. Garnish with the reserved onion and the remaining parsley and feta cheese and serve.

TIPS

Stir 50g drained and finely chopped roasted peppers (from a jar) into the guacamole just before serving, if you like.

For extra flavour marinate the crumbled feta in 1 tablespoon extra virgin olive oil and 1/2 teaspoon dried oregano for 10 minutes before stirring into the mixture.

Serve with home-made tortilla chips, if you like. To make, lightly brush 4 Old El Paso™ Regular Flour Tortillas with a mix of olive oil and lime juice. Cut each tortilla into 6 triangles and spread on a large baking tray. Season with salt and freshly ground black pepper and sprinkle with a little dried oregano. Bake at 200°C (180°C for fan assisted ovens), gas mark 6 for 6-8 minutes, until golden and crisp. Cool.

Don't just dip! Roast halved and deseeded mini sweet peppers until tender and lightly charred. Cool, then fill each pepper half with a spoonful of the guac, scatter over chopped olives and drizzle with a little extra virgin olive oil.

Cooking Vegetarian? Always read labels to make sure each recipe ingredient is vegetarian. Products and ingredient sources can change.