

Guacamole

Ingredients (please double it)

- 1 large ripe tomato
- 3 avocados, very ripe but not bruised
- juice 1 large lime
- handful coriander leaves
- 1 small red onion, finely chopped
- 1 chilli

Method

• STEP 1

Use a large knife to pulverise 1 large ripe tomato to a pulp on a board, then tip into a bowl.

• STEP 2

Halve and stone the 3 avocados (saving a stone) and use a spoon to scoop out the flesh into the bowl with the tomato.

• STEP 3

Tip the juice of 1 large lime, a handful of roughly chopped coriander, 1 finely chopped small red onion and 1 deseeded and finely chopped red or green chilli into the bowl, then season with salt and pepper.

• STEP 4

Use a whisk to roughly mash everything together. If not serving straight away, sit a stone in the guacamole (this helps to stop it going brown), cover with cling film and chill until needed.

Tzatziki

Ingredients (please double it)

- 1 large cucumber, peeled, halved and deseeded
- 500g Greek yogurt
- 1 small garlic clove, crushed or finely chopped
- 3 tbsp white wine vinegar
- 2 tbsp olive oil
- small handful of mint leaves or dill sprigs, finely chopped

Method

- STEP 1

Coarsely grate the cucumber along the length to create long strands, tip into a sieve set over the sink or a bowl, mix in a large pinch of salt and set aside for 10 mins. Tip the yogurt, garlic, vinegar and olive oil into a bowl and season with black pepper.

- STEP 2

Squeeze as much liquid out of the cucumber as you can using your hands, then stir through the yogurt mixture along with the mint, taste for seasoning and serve. Can be made a day ahead and chilled – just give it a good stir before serving.

Hummus

Ingredients (please double it)

- 1 can chickpeas, drained
- 60ml cold water, plus a 30ml for a looser consistency
- 1 small garlic clove peeled and crushed
- 1 lemon, juiced then $\frac{1}{2}$ zested
- 3 tbsp tahini
- 1 tbsp olive oil, to garnish (optional)

Method

- STEP 1

Thoroughly rinse the chickpeas in a colander under cold running water. Tip into the large bowl of a food processor along with 60ml of water and blitz until almost smooth. Add the garlic, lemon and tahini, and blitz again. If the consistency is too thick, gradually pour in up to 30ml more water. Blitz again for about 5 mins, or until the hummus is smooth and silky.

- STEP 2

Season with a good pinch of sea salt and transfer to a bowl. Swirl the top of the hummus with the back of a dessert spoon and drizzle over a little olive oil. Serve with crunchy crudités and toasted pitta bread, if you like.

Ranch / sour cream

Ingredients

- 100g light soft cheese
- 50g fat-free bio yogurt
- 1 crushed garlic clove
- handful of snipped chives
- a little lemon juice
- fresh ground pepper

Method

- STEP 1

For the dip base, mix 100g light soft cheese with 50g fat-free bio-yogurt.

- STEP 2

For garlic & herb, stir in crushed garlic clove, snipped chives, a little lemon juice and fresh ground pepper.

Salsa

Ingredients (please double it)

- 4 medium tomatoes, peeled and finely chopped
- $\frac{1}{2}$ red onion, very finely chopped
- 1 small garlic clove, chopped
- small splash of white wine vinegar
- $\frac{1}{2}$ lime, juiced
- $\frac{1}{2}$ bunch of coriander, roughly chopped

Method

- STEP 1

Combine the tomatoes, red onion, garlic, white wine vinegar, lime juice and coriander in a bowl. Stir, then refrigerate until ready to serve