

Guacamole - Avocado Dip

Learn to make authentic Mexican guacamole with fresh avocados, lime, cilantro, and tomatoes. Ready in 10 minutes - perfect for parties and snacking!

10 min

PREP

10 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 0.5 red onion
- 1 capia pepper
- 3 avocado
- 1 sprig cilantro (coriander)
- 6 tomato
- 2 lemon
- 0 olive oil

Instructions

- 1 Prepare the vegetables**

Finely dice the 0.5 red onion into pieces no larger than 1/4 inch. Remove seeds from the 3 tomatoes and dice into small cubes. Finely mince the 1 red pepper, removing seeds and white ribs.
- 2 Prepare the herbs**

Remove leaves from 1 sprig cilantro and finely mince, discarding thick stems.
- 3 Prepare the avocados**

Cut the 6 avocados in half lengthwise, remove pits, and scoop flesh into a large mixing bowl using a spoon.
- 4 Mash avocados with a fork to your desired consistency, leaving some small chunks for texture.**
- 5 Combine ingredients**

Add the diced onion, tomatoes, red pepper, and minced cilantro to the mashed avocados.

6 Squeeze juice from the 2 limes directly over the mixture and gently fold everything together until evenly combined.

7 **Season and rest**

Season with salt to taste, starting with 1/2 teaspoon and adjusting as needed. Let guacamole rest for 10 minutes at room temperature to allow flavors to meld before serving.

Tips

Choose avocados that yield slightly to pressure but aren't mushy - they should feel like a ripe peach. If they're too hard, place them in a paper bag with a banana to ripen faster.

Always add lime juice immediately after mashing avocados to prevent browning and enhance flavor. Fresh lime juice works much better than bottled.

For the best texture, mash avocados with a fork rather than a blender or food processor, leaving some chunky pieces for interesting texture.

Add salt gradually and taste as you go - it's essential for bringing out all the flavors but easy to overdo.

Remove seeds from tomatoes before dicing to prevent excess moisture that can make guacamole watery.

Let the finished guacamole sit for 10-15 minutes before serving to allow flavors to meld together.

Store leftover guacamole with plastic wrap pressed directly against the surface to minimize air exposure and prevent browning.

If your guacamole turns out too spicy, add more mashed avocado or a small amount of sour cream to balance the heat.