

AVOCADO SALAD

<i>Ingredients</i>	<i>Equipment</i>
Lettuce	Chopping Boards
1 Tomato	Chef's Knives
1 Avocado	Juicer
3 Spring Onions	Serving Bowl
1 Jalapeno	
Roughly Chopped Fresh Coriander	
Juice of 1 Lime	
Salt & Pepper to taste	

What to do

1. Get out all required equipment
2. Weigh and measure ingredients
3. Enough Lettuce to feed everyone at your bench.
4. Wash the Lettuce
5. Cut the Avocado in half and remove the pip. Cut in half again and carefully remove the skin. Chop into small pieces.
6. Chop the Tomato into small pieces.
7. Top and tail the Spring Onions and slice finely.
8. Slice the Jalapeno finely.
9. Juice the Lime.
10. Roughly chop enough fresh Coriander.
11. Toss all the ingredients into a serving dish and pour the Lime juice over the top.