

## CILANTRO

# Your Summer Essential Guacamole Recipe



FREIGHT FARMS

Cilantro, also known as coriander, is an essential herb that is used in many Mexican and Middle Eastern dishes.

**PRO TIP** Combine the picked cilantro with a pinch of kosher salt. Roll up the herbs along with the salt before chopping, it will help keep the herbs in place.



**6**

Serving Size



**15 min**

Active Time

## Ingredients and Equipment

1 Serving bowl

1 Citrus Reamer

1 Bag of Jalapeño Mi Niña Tortilla Chips  
(or any tortilla chip of your choice)

3 large ripe Hass avocados

1/4 cup white onion, finely diced

1 small ripe heirloom tomato, roughly diced

1/4 cup picked cilantro, finely chopped plus more for serving

1 garlic clove, finely grated

1.5 tsp ground cumin

1 pinch ground cayenne pepper (optional)

1.5 tsp kosher salt

1 lime, juiced

## Instructions

1. Pit and peel the avocado, mash up with a fork or potato masher to your desired consistency.
2. Mix in onion, tomato, cilantro, garlic, lime juice, ground cumin, and add salt and pepper to taste.
3. Top with more cilantro, and serve with chips on the side.
4. Enjoy!