

AVOCADO CHUTNEY RECIPE

Serves: 4-5

Ingredients:

Avocado: 2 (approx 300 gms)
Onion: ½ medium sized finely chopped
Ginger: 1 tsp (optional)
Garlic: 1/2 tsp (optional)
Green chillies: 2-3 finely chopped
Coriander leaves: 2 heaped tbsp chopped
Lime juice: 1 ½ tbsp
Roasted cumin powder: ½ tsp
Salt: to taste
Mustard oil: 1 tsp (can be replaced with Olive oil)

How I did it:

- When you buy avocado from the market, you will most likely need to leave it outside the fridge for 2-3 days to ripen. This ensures that the avocado is soft and easy to mash. You can feel the softness by pressing on the outside. Once it is ripe, store it in the fridge. As a word of caution, do not leave it out for too long !
- Now cut the avocado from the middle, as shown in the picture. Pull out the halves by twisting the 2 halves in opposite direction. Next, scoop the avocado out from the skin using a spoon. If the avocado is ripe, it will come off quite clean.
- Using the back of a fork, mash the avocado in a bowl. I have used a blender to do this job but I prefer using the fork because the pulp is so soft that blending in makes it into a paste. I like its buttery and nutty texture and using a fork preserves that texture.
- Now add the chopped onions, ginger, garlic, chillies, coriander leaves, roasted cumin powder and salt.
- Finish it with lime juice and a drizzle of mustard oil for that extra zing! Mix all the ingredients with a spoon. Adjust the seasoning as per your taste.

Avocado tends to brown very quickly and lime juice helps to maintain it's vibrant color. Prepare this dish closer to the time when you want to eat it or the avocado may turn brown.

I like the taste of raw ginger and garlic in the above proportions. If you do not like the taste of raw ginger or garlic, you can skip it or alter the proportions.

If you do not like the flavor of mustard oil, use olive oil instead.