The pre-game Guac

Ingredients

2 avocados
1 red pepper
¼ chopped red onion (about 75 ml)
2 cloves of garlic, chopped
The juice of half a lime
A few drops of hot sauce (optional)
Salt and pepper

Serves 2-3

Preparation

1. Preheat oven at “broil” mode.
2. Place the peppers on a plate with parchment paper and lightly coat with vegetable oil.
3. Place in the center of the oven and cook the pepper. Turn over the pepper every 5 minutes (the pepper’s skin should be slightly burned).

Credit

Bob le Chef

The pre-game Guac

4. Remove from oven, place in a bowl, cover with cellophane and let stand for about 15 minutes.
5. Cut the pepper in half and remove the seeds. Place the pepper in cold water and take away the burned skin. Dice and keep on the side.
6. Cut avocados in halves, remove the flesh and mash with a fork into a bowl.
7. Add the diced peppers, onion, garlic, lime juice, hot sauce, salt and pepper. Mix and serve.