

AVOCADO AND TOMATO SALSA

1 Avocado- halved, pitted, peeled and sliced into small cubes

2 Ripe tomatoes, finely chopped

½ capsicum, finely chopped

¼ red onion, very finely sliced then chopped

1 red chilli

1 lime, juiced

½ cup roughly chopped coriander

½ teaspn each cumin and coriander seeds- dry roasted and ground in mortar and pestle

½ tin of black beans, drained and rinsed.

Combine in a bowl, and serve with corn chips (unsalted and good quality)