

Avocado Crema

Swick

Makes 3 cups | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

Cilantro is also known as fresh coriander.

A large Haas avocado weighs about 9 oz (260 g).

The yield on two large Haas avocados as used in this recipe is about 13 oz (370 g).

Step 1: Preparing the Avocado Crema

- 1 oz (30 g) spinach, fresh
- 1/2 bunch (1 oz/30 g) cilantro
- 1/4 cup lemon juice, fresh
- 2 large Hass avocados
- salt (to taste)
- black pepper, ground (to taste)

In a blender, combine the spinach, cilantro, and lemon juice, then add the avocado pulp and a pinch of salt and pepper. Blend until smooth, adding cold water, as needed, to achieve a smooth consistency.

Adjust the seasoning as desired.