

Spiced Avocado and Mustard Seed Dip

Ingredients

2 ripe avocados
2 tsp fresh lemon juice
½ tsp fine-grain sea salt
½ cup coarsely chopped cilantro
1 Tbsp extra virgin coconut oil
1 tsp mustard seeds
1 small yellow onion, minced
2 cloves garlic, finely chopped
1 tsp Curry powder
1 small Chili pepper, minced

Directions

1. Cut each avocado in half, removed pit and scoop the flesh into a small bowl
2. Add lemon juice, salt and most of the cilantro
3. Mash avocados slightly, but don't overdo it – you want the mixture to be quite chunky, set aside
4. Heat the coconut oil in a skillet over medium-high heat.
5. When it is hot, add the mustard seeds. Keep a lid on hand because the seeds will scatter as they pop
6. When the spattering stops, after about a minute, stir in the onion and sauté for 2-3 minutes, until the onion is translucent
7. Stir in the garlic, curry powder, and chili. Count to ten, and then remove from heat.
8. Stir in the avocado mixture, and transfer to a serving bowl.
9. Serve warm or at room temperature

Makes 2 cups