



Serves 4

1 shallot, quartered
1 jalapeno, sliced in half and remove half the seeds
1/2 green pepper, roughly chopped
1 clove garlic
1/2 cup parsley
1/2 cup cilantro
2 ripe avocados, cut in half, peeled and pit removed
1/2 an English cucumber, roughly chopped
1 cup full fat plain yogurt
juice of 1 lime (1 tbsp)
juice of 1 lemon (2 tbsp)
1/4 tsp ground cumin
3/4 tsp salt
2 tbsp olive oil
1 1/2 cups water

1. Into a blender place the shallot, jalapeno, green pepper, garlic, parsley, cilantro and give it a quick buzz to get everything going.
2. Add in all the remaining ingredients except the water and blend until everything is smooth and creamy.
3. With the blender running, stream in the water until you get a consistency you like. I usually put in all 1 1/2 cups.
4. Chill in the fridge for a minimum of 30 min. Will store for 2 days, stir before serving.



TIP: Serve as is or topped with cooked shrimp and some extra diced cucumber, avocado or green onion.