



Scrambled Eggs

1. Beat eggs in a bowl; add milk, pepper and a dash of salt.
2. Mash avocado with red onion, dill and combine in egg mix.
3. Bring café quality scrambled eggs to your Sunday breakfasts at home.



Lasagne

1. Follow your favourite lasagne recipe, adding thin slices of 2 avocados to the top layer before adding the remaining mince and cheese.
2. Use the avocado to give your household a fresh flavour in a traditional meal.



Mash Potato

1. Combine boiled potato and diced avocado with milk, unsalted butter and a pinch of salt.
2. Try this for a bit of variety in your meat and three veg.



Asian Noodles

1. Cook rice noodles as per packet instructions and place in a large mixing bowl.
2. Add ginger, soy sauce, shallots, coriander, and sweet chilli sauce.
3. Add avocado and toss to combine. Top with sliced marinated pork.
4. The avocado will add a modern twist to your weeknight stir fry.



Salad

1. Place lettuce, pieces of chicken and slices of red onion in a large bowl.
2. Top with slices of avocado and toss.
3. Try this for a home made lunch that doesn't make you want to go buy something else.



Pizza

1. Spread your pizza base with tomato paste and dust with garlic and shallots.
2. Add halved cherry tomatoes, chicken thigh pieces and slices of avocado.
3. Lightly sprinkle with feta or your favourite cheese.
4. Using this recipe means pizza night doesn't need to be a health wright-off!



Lamb Cutlets

1. Barbeque or pan fry lamb cutlets in a Cajun style marinade.
2. In a bowl mash the avocado and mix in sour cream/natural yoghurt, lemon juice and thinly diced red onion.
3. Serve the avocado dip on top of the lamb as an easy crowd pleaser.



Baked Fish

1. Place white fish fillets, tomato wedges, and red onion wedges in a baking dish and bake for 25 minutes or until cooked.
2. Serve with slices of avocado on top of the fish.
3. Let this recipe give your conventional fish and veggies more depth with the creamy texture of the avocado.



Chicken Burger

1. Marinate chicken thigh fillets in a lemon juice, oil, chilli and garlic mix.
2. Barbeque/pan fry and add to a wholemeal bread roll with lettuce and tomato.
3. Spread avocado on top of chicken and spice up the taste of a universal meal.