



ADD AN AVO

TO A VARIETY OF RECIPES



Australian
Avocados

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Avocados are a unique and delicious fruit that can make an amazing addition to snacks, salads, meals and desserts throughout the year.

Few items in the grocery trolley can rival the rich, creamy taste and endless versatility of Avocados. These natural wonders also come packed with vitamins, minerals and anti-oxidants, making them great for your health. Discover just how amazing Avocados really are, by trying them for yourself in the following recipes.

ADD AN AVO.

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AVOCADO & CRISP PROSCIUTTO PASTA

Serves: 4

Prep Time: 10-15 minutes

Cooking Time: 10-15 minutes

INGREDIENTS:

- 2 avocados, peeled and seeded
- 1 lemon, rind finely grated, juiced
- 1/2 cup extra virgin olive oil
- salt & freshly ground black pepper, to taste
- 600g fresh spaghetti, (or 4 portions dried spaghetti)
- 1 cup basil leaves, roughly torn
- 8-10 slices prosciutto grilled until crisp, broken into shards
- 1 cup shaved parmesan, to serve

PREPARATION:

Heat a large saucepan of water over high heat until boiling. Add the pasta and cook as per packet directions or until al dente. Drain and refresh. Meanwhile, place avocado, lemon rind, juice, olive oil, salt and pepper in a large mixing bowl. Use a fork to roughly mash the avocado and combine with the lemon juice dressing. Add the hot pasta to the avocado and mix until well coated, add basil leaves and prosciutto (trimmed of fat). Toss before serving with parmesan shavings.

NB: If prosciutto is not available, pancetta (Italian bacon) would make a good substitute or smoked ham spec (pork topside).

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AVOCADO, ROAST CORN DIP & SPICY BBQ PRAWNS

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 10 minutes

INGREDIENTS:

- 2 avocados, halved, peeled, seeded
- 1 small red capsicum, halved, seeded, trimmed, cut into 0.5cm dice
- 1/2 bunch green shallots, pale ends finely sliced
- 1 bunch coriander, washed, leaves picked
- 1 tbs light sour cream
- 1 tsp Tabasco, to taste
- 1 lemon, juiced
- 2 cobs corn, blanched, kernels removed from cob
- 20-24 (approx 1kg) green prawns, shelled, de-veined, tails intact
- 1 tbs cayenne pepper

PREPARATION:

Heat a frypan over high heat. Add the corn kernels and cook until roasted golden. Remove from heat and allow to cool. Meanwhile, combine the avocados, green shallots, coriander, sour cream, Tabasco and lemon juice in a blender or food processor. Process until coarsely pureed. Place in a serving bowl and stir the red capsicum and corn through. Preheat the BBQ on high. Meanwhile, coat the prawns in the cayenne in a mixing bowl. Cook the prawns over high heat until char-grilled and cooked through. Serve immediately with the avocado & corn dip.

(If prawns are unavailable the dip is delicious eaten with crackers or corn chips).

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AVOCADO & BASIL BRUSCHETTA

Serves: 4

Preparation Time: 5 minutes
(+ 20 minutes of refrigeration time)

Cooking Time: 2 minutes

INGREDIENTS:

- 2 avocados, finely diced
- 2 tomatoes, finely diced
- 1/2 red onion, finely diced
- 8 fresh basil leaves, cut into slivers
- 1 tablespoon lemon juice
- 4 thick slices sourdough or wood-fired Italian bread
- 1 tablespoon olive oil
- freshly ground black pepper

PREPARATION:

In a small bowl combine the avocado, tomato, onion, basil and lemon juice and refrigerate to allow flavours to develop. Grill or toast bread. Brush with olive oil and top with the avocado mixture. Season to taste with pepper.

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CHICKPEA SALAD WITH MARINATED RED MULLET FILLETS

Serves: 4

Preparation Time: 20 minutes

Cooking Time: 5 – 8 minutes

INGREDIENTS FOR SALAD:

- 2 x 400g cans chickpeas, drained, rinsed
- 2 avocados, diced
- 1 bunch watercress
- 2 cloves garlic, crushed
- 1 tbs seeded mustard
- 1 lemon, rind finely grated, juiced
- 1/3 cup extra virgin olive oil
- salt & freshly ground black pepper, to taste
- black olives, to garnish, optional
- 8 small red mullet fillets

INGREDIENTS FOR MARINADE:

- 6cm piece ginger, peeled, grated
- 2 ripe tomatoes, green tops removed

- 1 tsp cayenne pepper

Red mullet fillets could be replaced with sand whiting fillets or small pieces of red snapper fillet. For extra zing try preserved lemon, finely chopped through the salad.

PREPARATION:

To make the marinade place the ginger, tomatoes and cayenne pepper in a blender and process for 30-60 seconds. Pour over the fish to marinate for 10-15 minutes. Meanwhile, combine the chickpeas, avocados, watercress, garlic, mustard, lemon rind, juice and olive oil in a mixing bowl and toss to combine. Season to taste. Panfry the red mullet fillets in a little olive oil over high heat, skin side first. Serve immediately with the salad.

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WARM LAMB SALAD ON MINT COUSCOUS

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

- 1 cup couscous
- 2 tablespoons olive oil (marinade)
- 2 lemons, rind finely grated and juiced
- 500g lean lamb fillets
- 2 avocados
- 1/4 cup chopped fresh mint
- 2 tablespoons currants
- 1/4 cup flaked almonds, toasted
- 1 tablespoon olive oil, extra (dressing)

PREPARATION:

Bring 275ml water to boil in a large saucepan. Sprinkle over couscous. Cover. Remove from heat and allow

to steam for 10 minutes. Combine the oil and 2 tablespoons of lemon juice and brush over the lamb fillets. Char-grill or barbeque, brushing with the oil and lemon until cooked as preferred, (medium-rare will be most tender). Cover with foil and let it sit while preparing the couscous. Dice avocados. When the couscous has absorbed all the liquid, gently fluff with a fork and fold in the diced avocado, mint, currants, almonds, lemon zest and 1 tablespoon of juice. Place on serving plates. Slice the lamb and arrange on top of couscous. Drizzle with the remaining lemon juice and olive oil. Garnish with mint leaves.

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CHICKEN BURRITOS

Serves: Serves 4
Preparation Time: 8 minutes
Cooking Time: 10 minutes

INGREDIENTS:

- 4 small chicken breasts
- 1 tablespoon olive oil
- 4 tortillas
- 1 cup reduced fat sour cream or natural yogurt
- 1 x 220g jar of salsa
- 8 large lettuce leaves
- 1 large red onion, cut into wedges
- 1 red capsicum, seeds removed and finely sliced
- 2 avocados sliced

PREPARATION:

Heat olive oil in a large frying pan and cook chicken for 5 minutes each side. Remove chicken and slice. Warm tortillas according to packet instructions. Smooth a quarter of sour cream and salsa over each tortilla and top with lettuce, chicken, onion, capsicum and avocado. Roll and serve.



AVOCADO TOASTIES

Serves: 4

INGREDIENTS:

- 4 slices thick white bread
- 1 avocado mashed
- low fat cheese, grated

PREPARATION:

Preheat griller, toast bread on one side, and cover untoasted side with avocado. Top with cheese. Toast until cheese is bubbling and serve immediately. Add shaved ham, sliced tomato or crushed pineapple.

QUICK BITES!

Remember, you can enjoy Avocados quickly and easily as;

- Spread on toast
- Sandwich filling
- Tossed through salads
- Tossed through pasta



THE RIGHT WAY TO RIPEN

- Did you know that no Avocados ripen on trees? It's actually the harvesting (picking) action that triggers the ripening process!
- To take some of the 'guess work' out of ripening for consumers, many wholesalers ensure that Australian Avocados are delivered to retail stores a day or two before they are ripe.
- To ripen an Avocado, place the fruit in a plain brown paper bag and store at room temperature until ready to eat. This will usually take two to five days. Including an apple or banana in the bag accelerates the process, as these fruits give

- off ethylene gas - a ripening agent.
- Ripe fruit can be refrigerated until eaten, however, not for more than two or three days.
- There is no quicker way to ripen Avocados. A natural fruit requires a natural process.

EASY PEELING

1. Start with a ripe Avocado and cut it lengthwise around the seed. Rotate the halves to separate.
2. Remove the seed by sliding the tip of a spoon gently underneath and lifting out. The other common seed-extraction method of striking the seed with a knife can be dangerous and is not recommended.



ADD AN AVO FOR VITAMINS

As well as being absolutely delicious, Avocados are the most nutritious fruit in the world according to the Guinness Book of Records. They come jam-packed with vitamins and minerals including Vitamins A, C, E, Thiamin, Riboflavin, Niacin and Magnesium. They also happen to be rich in mono-unsaturated (good) fats that contribute to a healthy heart, particularly when they replace saturated fats in your diet. In fact, despite their distinctly creamy taste, Avocados carry the Heart Foundation Tick. Treat your taste buds and your body today, and Add an Avo to your daily menu.



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3. Peel the fruit by placing the cut side down and removing the skin with a knife or your fingers, starting at the small end. An alternative is to simply scoop out the Avocado flesh with a spoon. Be sure to sprinkle all cut surfaces with either lemon juice, lime juice or white vinegar, to prevent discolouration.

- refrigerator. They should be eaten within a day or two.
- If refrigerated guacamole turns brown during storage, simply discard the top, browned layer.

For more Avocado nutritional information and other great recipe ideas visit www.avocado.org.au

AVOCADO STORAGE

- Whole, ripe Avocados can be stored in the refrigerator uncut for two to three days.
- Cut Avocado should be sprinkled with lemon juice, lime juice or white vinegar and placed in an air-tight container in your



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