

**ADD AN AVO EVERY DAY**





### "Welcome to more bright ideas with avocados"

After the huge success of our last recipe booklet, I'm delighted to give you 16 brand new ways to enjoy the unique taste and texture of an Aussie avo. It's so versatile, it blends beautifully with everything

from chilled coleslaw to hot chilli. From breakfast to lunch to dinner, see how an avo can add a delicious, nutritious twist to all your favourites. Enjoy!

*Zoe Pullin*

Zoe Bingley-Pullin  
Nutritionist and chef



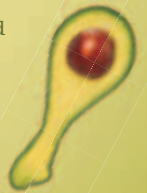
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## AVOCADO SALSA WITH CHICKEN SCHNITZELS

### Serves 4

- Mix finely chopped avocado with 2 finely chopped and seeded tomatoes and ¼ cup of chopped coriander in a bowl.
- Season it with salt and pepper.
- Spoon avocado salsa over chicken schnitzels and serve.



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## AVOCADO AND PUMPKIN SALAD

### Serves 4

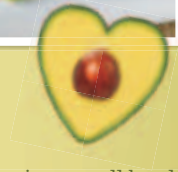
- Preheat oven to 200°C.
- Line an oven tray with baking paper.
- Seed and peel 500g of butternut pumpkin and cut into 2cm pieces.
- Place pieces on tray and drizzle with 1 tbsp olive oil.
- Season with salt and pepper.
- Bake in oven, turning occasionally for 20 minutes or until golden brown and tender.
- Remove from oven.
- Place 100g of baby spinach leaves and a peeled, seeded and coarsely chopped avocado in a large bowl.
- Add pumpkin and drizzle with 1 tbsp of balsamic vinegar and 1 tbsp olive oil.
- Gently toss and serve immediately.



## AVOCADO SCRAMBLED EGG WRAPS

### Serves 4

- Whisk 6 eggs and ¼ cup of water (or milk) together in a small bowl.
- Season with salt and pepper.
- Melt 10g of butter in a medium non-stick frying pan over a low heat.
- Add the egg and gently push around the pan with a flat-bottomed spoon.
- Remove from heat after 3 - 4 minutes, or when soft folds of cooked egg begin to develop.
- Add a peeled, seeded and coarsely chopped avocado to the scrambled egg and gently fold through.
- Place 4 tortilla wraps on serving plates and top with the avocado scrambled egg.
- Fold tortillas to enclose filling and serve.





## AVOCADO AND CHICKEN POTATO SALAD

### Serves 4

- Place 800g of fresh potato salad in a large bowl.
- Add ½ a skinned and boned barbecue chicken, coarsely shredded.
- Gently mix in a peeled, seeded and coarsely chopped avocado.
- Sprinkle with ¼ cup of finely chopped chives and serve immediately.



## AVOCADO AND POTATO MASH WITH STEAK

### Serves 4

- Combine a peeled, seeded and mashed avocado with 2 cloves of crushed garlic in a small bowl.
- Season with salt and pepper.
- Gently fold the avocado mix through 800g of mashed potato and spoon onto serving plates.
- Top with steak and serve immediately.





## AVOCADO COLESLAW WITH MINT LAMB CHOPS

### Serves 4

- Combine 350g fresh coleslaw salad with  $\frac{1}{3}$  cup of reduced fat yoghurt.
- Add a peeled, seeded, thinly sliced avocado.
- Season with salt and pepper.
- Top with lamb chops, a dollop of mint jelly and serve.



## AVOCADO AND TUNA SALAD WRAPS

### Serves 4

- Place 4 large tortilla wraps on a clean work surface.
- Spread a peeled, seeded and mashed avocado evenly across tortillas.
- Top with 425g of canned tuna in springwater, drained and coarsely flaked.
- Sprinkle on 80g of mixed salad leaves.
- Roll up firmly and serve immediately.

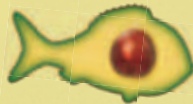




## AVOCADO GUACAMOLE AND SALMON PIZZAS

### Serves 4

- Preheat grill to high.
- Place 4 wholemeal pita pockets on an oven tray.
- Toast under grill for 1 – 2 minutes each side until lightly crisp.
- Remove from heat and transfer to serving plates.
- Peel, seed and mash an avocado and spread onto pitas.
- Sprinkle with dill sprigs, coarsely chopped chives (or red onion).
- Top each pita with 125g of canned salmon in springwater, drained.
- Sprinkle with 50g of rocket leaves and serve.



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## AVOCADO AND TOMATO PESTO PASTA

### Serves 4

- Cook 375g of dried penne pasta until al dente.
- Drain well and return to pan.
- Add 190g of sun dried tomato pesto.
- Add a seeded, peeled and finely chopped avocado.
- Add ¼ cup of finely shredded basil.
- Gently stir the pesto, avocado and basil into the pasta.
- Sprinkle on another ¼ cup of finely shredded basil and serve immediately.

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## AVOCADO, CORN AND TOMATO OMELETTE

### Serves 2

- Combine 125g of drained, canned corn with a seeded and finely chopped tomato.
- Add ½ a peeled, seeded and finely chopped avocado.
- Season with salt and pepper.
- Whisk 4 eggs with 1 tbsp of cold water.
- Season with salt and pepper.
- Spray a small frying pan with olive oil.
- Over a medium-high heat, add half the egg mixture and cook for 2 – 3 minutes.
- Spoon half the avocado mixture over the omelette.
- Fold edge to enclose filling.
- Serve immediately.



## AVOCADO TOAST FINGERS WITH SOFT BOILED EGGS

### Serves 2

- Spread ½ a peeled, seeded and mashed avocado onto 2 slices of toasted wholemeal bread.
- Place boiled eggs in egg cups with the tops chopped off.
- Serve with avocado toast cut into fingers.
- Dip the toast fingers in the egg.
- Scoop out the remaining egg with a teaspoon.





## AVOCADO FILLED WITH MEXICAN TACO FLAVOURED BEEF

### Serves 4

- Heat a large, non-stick frying pan over a high heat.
- Add the beef mince and stir with a wooden spoon to break up any lumps.
- Cook for 5 minutes or until the beef changes colour and cooks through.
- Add 30g of taco seasoning and a finely chopped, fresh tomato.
- Stir through and cook for 1 – 2 minutes until heated.
- Halve and seed 2 avocados and place a half on each serving plate.
- Spoon the beef mixture evenly among each avocado and serve.

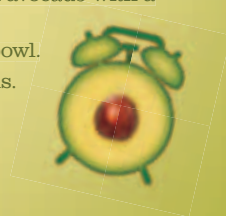
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## AVOCADO AND CHILLI TOMATO SOUP

### Serves 4

- Heat 1.6 litres of tomato soup in a saucepan.
- Combine a peeled, seeded and finely chopped avocado with a long, seeded, finely chopped chilli.
- Stir in a tablespoon of lime juice in a small bowl.
- Ladle the soup evenly among 4 serving bowls.
- Spoon over the avocado mixture and serve immediately.



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## AVOCADO AND CHICKEN NOODLES

**Serves 4**

- Cook 300g of chicken flavour instant noodles.
- Divide evenly into 4 serving bowls.
- De-bone and finely shred ¼ barbecue chicken.
- Combine with a peeled, seeded and finely chopped avocado and ¼ cup of chopped coriander in a medium bowl.
- Spoon the avocado mixture over the noodles.
- Serve immediately.



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## AVOCADO AND SWEET CHILLI DIP WITH WEDGES

**Serves 4**

- Combine a peeled, seeded and mashed avocado with ¼ cup of sweet chilli sauce in a small bowl.
- Season with salt and pepper.
- Serve with hot potato wedges.



## AVOCADO TZATZIKI AND TOMATO TOAST

**Serves 4**

- Combine half a peeled, seeded and finely chopped avocado with 200g of tzatziki dip in a small bowl.
- Gently spoon the mixture over 4 multigrain slices of toast.
- Top with tomato slices.
- Serve immediately.

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## THE RIGHT WAY TO RIPEN

- Did you know that Avocados don't 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. There is no quicker way to ripen Avocados. A natural fruit requires a natural process.
- Ripe fruit can be refrigerated until eaten, however, not for more than two or three days.

## 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.
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.



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



### Hass Avocado

The change of colour from green, to rich purple, to a black shade indicates it's ripe and ready to eat.



### Green Skin Avocados

For Shepard, Reed, Sharwil and Wurtz varieties, touch is the best indicator of ripeness. Use gentle pressure on the stem. If it yields, it's ready to eat.

## ADD AN AVO FOR YOUR HEALTH

Avocados are an incredible fruit. They've got heaps of vital nutrients needed for a healthy body. They're low in sugar, have plenty of fibre and are salt free. They contain Thiamin, Riboflavin, Niacin and Magnesium and are chock full of vitamins A, C and E, which are amazing antioxidants with anti-viral and anti-bacterial properties. This means they'll do wonders for your skin.

Avocados are rich in monounsaturated (good) fats that contribute towards 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. Why not treat your taste buds and your body today?



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