



**ADD AN AVO**  
**EVERY DAY**



Australian  
Avocados

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This Avocado Recipe Book contains 16 amazingly tasty meal ideas, which really make the most of local ingredients. Fresh vegies, fruit, lean meats and seafood all feature in the recipes and are perfectly balanced with Avocados to produce mouth-watering flavour. Every recipe can be prepared for breakfast, lunch or dinner

thanks to the Avocado's seamless versatility, and because Avos are high in nutritional value they keep your body happy, healthy and energised.

*Zoe Bingley-Pullin*

Zoe Bingley-Pullin  
Nutritionist and chef



## AVOCADO ON CRACKERS WITH VEGEMITE\*

Serves 6 – 8

- Put 2 peeled and seeded avocados in a bowl.
- Mash until well combined and smooth.
- Spread a small amount of VEGEMITE on a cracker.
- Spread some of the smooth avocado over the VEGEMITE.



\* VEGEMITE is a trademark of Kraft Foods used with consent.

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## AVOCADO SCRAMBLED EGGS

Serves 4

- Beat 8 eggs, ½ cup milk, salt and pepper in a bowl.
- Put 3 tbsp light olive oil in a large non-stick frying pan.
- Heat on medium heat.
- Add the egg mixture and stir gently until starting to set.
- Stir through 2 thickly sliced avocados.



## AVOCADO SOFT BURRITOS WITH SALAD



Serves 4

- Peel and seed 2 avocados.
- Roughly chop and mash in a bowl with some chopped coriander.
- Spread over a soft burrito.
- Top with lettuce, diced tomatoes, grated low fat cheddar.
- Roll up into a log to eat.

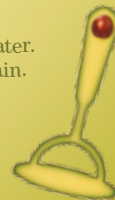


## AVOCADO MASHED POTATOES



Serves 4

- Add 500g of peeled and chopped potatoes to boiling water.
- Boil potatoes for 7 minutes or until tender and then drain.
- Mash potatoes in a bowl.
- Add 2 chopped avocados to the mashed potatoes and continue mashing.
- Season with a little salt and pepper.



## PIZZA TOPPED WITH SLICES OF AVOCADO



Serves 2

- Top ready made pizza base with ½ cup tomato pasta sauce.
- Put 1 cup grated low fat cheddar and ½ cup sliced ham on top.
- Cook in 220°C oven for 20 – 25 minutes, until golden.
- Top the pizza with sliced avocado, olives and sundried tomatoes.



## TOASTED AVOCADO, CHEESE & TOMATO ENGLISH MUFFIN



Serves 4

- Spread sliced tomato over 4 English muffins.
- Add salt and pepper and add sliced avocado.
- Sprinkle grated low fat cheddar cheese on top.
- Cook under hot grill until golden.

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## AVOCADO & TOMATO PASTA

Serves 2

- Cook 400g pasta in boiling water for 12 – 15 minutes, until tender.
- Drain well and set aside.
- Cook 1 chopped onion in frying pan with 2 tbsp light olive oil until golden.
- Add 1 punnet cherry tomatoes and cook for 5 minutes, until softened.
- Add the pasta to the pan.
- Add 1 cubed avocado and grated parmesan or low fat cheddar cheese.
- Toss to combine.

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## AVOCADO CHICKEN PASTA

Serves 2 – 4

- Cook 400g spiral noodles in boiling water for 10 – 12 minutes, until tender.
- Rinse under cold water, drain well and set aside.
- Finely slice the meat from a barbecue chicken.
- Combine the chicken and pasta in a bowl.
- Add 1 cup mild Mexican tomato salsa and 2 cubed avocados.
- Gently toss to combine.



## AVOCADO & TOMATO BAKED POTATO



Serves 4

- Wrap 4 medium potatoes individually in cooking foil.
- Cook in 180°C oven for 45 minutes, until tender.
- Dice the flesh of 1 avocado and 1 tomato.
- Place 1 tbsp of low fat sour cream in the centre of each potato.
- Spoon tomato and avocado into each potato.

## NACHOS WITH DICED AVOCADO



Serves 2 – 4

- Spread 4 cups of corn chips into a large baking dish.
- Top with 1 cup tomato salsa, 1 cup kidney beans and 1 cup grated low fat cheddar cheese.
- Cook in 180°C oven for 15 minutes.
- Spoon over ½ cup low fat sour cream.
- Top with 2 diced avocados.

## AVOCADO & BAKED BEANS ON TOAST



Serves 1

- Toast bread on both sides until golden.
- Spoon over warmed baked beans (or tinned spaghetti).
- Top each with ½ avocado, finely sliced.



## AVOCADO & MACARONI & CHEESE (OR PASTA BAKE)



Serve 2

- Cook 300g macaroni noodles in boiling water for 10 – 12 minutes.
- Drain well and put into a large bowl.
- Beat 1 egg, ¼ cup reduced fat cream and add to the pasta.
- Stir through 1 cup grated low fat cheddar cheese and 1 diced avocado.
- Spoon into baking dish.
- Cook in 180°C oven for 25 – 30 minutes, until golden.

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## AVOCADO OMELETTE WITH TOMATO & CHEESE

Serves 2 – 4

- Beat 8 eggs with 2 tbsp cold water until well combined.
- Stir through 1 diced avocado and 1 diced tomato.
- Heat a large non-stick frying pan on medium heat.
- Add 2 tbsp vegetable oil to pan.
- Pour the egg mixture into the pan.
- Cook for 2 – 3 minutes, until set around the edge.
- Sprinkle 1 cup grated low fat cheddar cheese on top.
- Cook under a hot grill until golden on top and firm.

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## STIR FRIED CHICKEN MINCE & AVOCADO PITA BREAD POCKETS



Serves 1

- Heat 3 tbsp of vegetable oil in a non-stick frying pan on high.
- Add 1 cup chicken mince and stir fry until golden.
- Stir through 2 tbsp oyster sauce.
- Spoon into warmed pita pocket breads.
- Top each one with half sliced avocado and lettuce leaves.

## GRILLED CHICKEN WITH AVOCADO & FETA



Serves 4

- Put 4 chicken breasts on baking tray.
- Cook in 180°C oven for 20 minutes.
- Dice 2 avocados and spoon over each chicken breast.
- Sprinkle over grated low fat feta (or grated low fat cheddar).
- Cook for a further 5 minutes.



## EGG & AVOCADO SANDWICHES

Serves 2 – 4

- Put 4 eggs in saucepan and cover with cold water.
- Bring to boil and cook for 3 minutes.
- Rinse under cold water until cool.
- Peel and put eggs into a bowl with 1 avocado.
- Season well and mash with a fork.
- Spread over multi-grain bread.
- Top with lettuce leaves and another slice of bread.



## 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.
- 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.
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.

## 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.

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## 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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