

The background of the entire page is a light green color with several large, irregularly shaped slices of avocado scattered across it. Each slice shows the green outer skin, the yellowish-green flesh, and a dark brown pit. The slices are arranged in a way that they appear to be floating or scattered.

# ADD AN AVO TO TOASTIES



Australian  
Avocados

For other great recipe ideas visit  
[www.avocado.org.au](http://www.avocado.org.au)



Avocados are a unique and delicious fruit. Few items in your grocery trolley can rival the rich, creamy taste and endless versatility of Avocados. They make a perfect addition to your snacks, salads, meals and desserts. They're even great in heaps of different toasted sandwich fillings.

You'll also be glad to know avo's are quick and easy to prepare. Plus they're packed with vitamins, minerals and anti-oxidants, making them excellent for your health.

Discover just how amazing Avocados really are by trying them in these recipes.

### **ADD AN AVO**

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## **MULTIGRAIN BREAD, SMOKED TROUT, AVOCADO, CUCUMBER & HORSERADISH**

Serves: 4

Preparation Time: 10 mins

### **INGREDIENTS:**

- 8 slices multigrain bread
- 1 hot smoked trout
- 4 tsp horseradish cream
- Pepper to taste
- 2 avocados
- 1 small lebanese cucumber (sliced)
- Butter or margarine

### **PREPARATION:**

Remove the skin from the trout, then take the fillets off the bone. Make sure there are no bones left on the fillets. Gently flake the fillets in

to a bowl, add horseradish and season with pepper. Cut avocados in half, remove seed and skin, then cut flesh into slices. Lay out four slices of bread and top with avocado slices, trout, cucumber and remaining bread. Spread butter over the top of the bread, turn over and place buttered side onto a sandwich grill, spread butter onto the remaining side, close the grill and cook until golden. Cut sandwich diagonally in half and serve.

### **TIPS:**

Add a little chilli to the trout for extra spice.

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## BREAD POCKET FILLED WITH SPICY CHICKEN, AVOCADO & MINT YOGHURT

Serves: 4

Preparation Time: 10 mins

Cooking Time: 10 mins

### INGREDIENTS:

- 4 bread pockets
- 400g chicken fillets
- Cajun seasoning
- 1 tbsp cooking oil
- 2 avocados
- ½ cup plain yoghurt
- ¼ bunch mint (chopped)
- ¼ bunch coriander (chopped)
- Salt and pepper to taste

### PREPARATION:

Heat oil in a fry pan, add Cajun seasoning to chicken fillets and put on medium heat until cooked. Mix mint, coriander and yoghurt together, then season with salt and pepper. Cut avocados in half, remove seed and skin, then cut flesh into slices. Open the bread pockets, fill with chicken, avocado and yoghurt. Place under a sandwich grill until toasted.

### TIPS:

Add a little chilli to the trout for extra spice.



## FOCCACIA BREAD FILLED WITH AVOCADO, SALAMI & SEMI DRIED TOMATOES

Serves: 4

Preparation Time: 10 minutes

### INGREDIENTS:

- 4 pieces
- Foccacia bread
- 16 slice italian salami
- 2 avocados
- 4 tbsp semi dried tomatoes
- ½ cup fresh basil leaves
- ½ cup grated mozzarella cheese

### PREPARATION:

Using a serrated edge knife, split bread horizontally. Cut avocados in half, remove seed and skin, then cut flesh into slices. Top the bottom half with salami, avocado, tomatoes and basil, then sprinkle with mozzarella. Place remaining bread on top and place under the sandwich grill. Toast until hot and golden.

### TIPS:

Replace mozzarella with goats cheese.



## TURKISH BREAD, AVOCADO, FETA CHEESE & BABY SPINACH

Serves: 4

Preparation Time: 10 minutes

### INGREDIENTS

- 4 pieces turkish bread
- 2 avocados
- 200g feta cheese (crumbled)
- 2 cups baby spinach leaves (washed, dried)
- 2 tsp balsamic vinegar
- 4 tsp olive oil
- Salt and pepper to taste

### PREPARATION:

Using a serrated edge knife, split bread horizontally. Cut avocados in half, remove seed and skin, then cut flesh into slices. Top the bottom half with avocado, sprinkle with feta, top with spinach and drizzle with olive oil and vinegar. Season with salt and pepper. Then place remaining bread on top and place under the sandwich grill. Toast until hot and golden.

### TIPS:

For a non-vegetarian option add prosciutto.

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## BLTA (BACON, LETTUCE, TOMATO & AVOCADO SANDWICH)

Serves: 4

Preparation Time: 10 minutes

### INGREDIENTS:

- 8 slices crusty bread
- 4 rashers bacon (grilled)
- ½ head cos lettuce leaves (washed)
- 8 slices tomato
- 2 avocados
- 4 tsp Mayonnaise
- Butter/margarine

### PREPARATION:

Lay out four slices of bread. Cut avocados in half, remove seed and skin, then cut flesh into slices. Top with cooked bacon, lettuce, mayonnaise, avocado, tomato and remaining bread. Spread butter over the top of the bread, turn over and place buttered side onto a sandwich grill, spread butter onto the remaining side, close the grill and cook until golden. Cut sandwich diagonally in half and serve.

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## TUNA & AVOCADO MELT

Serves: 4

Preparation Time: 15 mins

Cooking Time: 3 mins

### INGREDIENTS:

- 4 english muffins
- 2 avocados
- 1 x 420g tuna
- ½ red onion (diced)
- ¼ bunch parsley (chopped)
- 2 tbsp sweet chilli sauce
- 2 tbsp mayonnaise
- Salt and pepper to taste
- 8 slices swiss cheese

### PREPARATION:

Cut muffins in half horizontally and toast. Cut avocados in half, remove seed and skin, then scoop out the flesh into a bowl. Add tuna, onion, parsley, sweet chilli sauce and mayonnaise. Season to taste and mix well with a fork. Place equal amounts of avocado/tuna mix onto all eight muffin halves. Top with a slice of cheese and place under the grill until cheese is melted.

### TIPS:

For extra spice add some fresh chilli to the tuna mix.



## STEAK SANDWICH WITH AVOCADO & TOMATO RELISH

Serves: 4

Preparation Time: 10 mins

Cooking Time: 10 mins

### INGREDIENTS:

- 8 slices wholemeal country bread (thick cut)
- 4 x 120 steaks (lean tender rump or sirloin)
- Salt and pepper
- 2 onions (sliced)
- 2 tbsp
- Vegetable oil
- 2 avocados
- 4 tbsp Tomato chutney
- Butter or margarine

### PREPARATION:

Heat oil in a fry pan, add onion and cook until soft, then remove from pan and set aside. Place fry pan back onto the heat, season steaks and cook to your liking. Cut avocados in half, remove seed and skin, then cut flesh into slices. Lay out four slices of bread and top with steak, onion, avocado, tomato chutney and remaining slices of bread. Spread butter over the top of the bread, turn over and place buttered side onto a sandwich grill, spread butter onto the remaining side, close the grill and cook until golden. Cut sandwich diagonally in half and serve.



## GRAIN BREAD, AVOCADO, ROAST BEEF & GRAIN MUSTARD SANDWICH

Serves: 4

Preparation Time: 5 mins

### INGREDIENTS:

- 8 slices wholegrain bread
- 4 tsp grain mustard
- 16 slices roast beef
- 2 avocados
- Butter or margarine

### PREPARATION:

Cut avocados in half, remove seed and skin, then cut flesh into slices. Lay out 4 slices of bread, spread on mustard, place beef and avocado slices on top and cover with remaining bread. Spread butter over the top of the bread, turn over and place buttered side onto a sandwich grill. Spread butter onto the remaining side, close the grill and cook until golden. Cut sandwich diagonally in half and serve.

### TIPS:

Serve with a fresh rocket, tomato and olive salad.

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## COUNTRY GRAIN BREAD SANDWICH WITH AVOCADO, TURKEY & BRIE RELISH

Serves: 4

Preparation Time: 5 mins

### INGREDIENTS:

- 8 slices country grain bread
- 16 slices lean turkey breast
- 16 slices brie cheese
- 2 avocados
- 4 tsp Cranberry sauce
- Butter or margarine

### PREPARATION:

Cut avocados in half, remove seed and skin, then cut flesh into slices. Lay out 4 slices of bread, spread on cranberry sauce, place turkey, brie and avocado slices on top and cover with remaining bread. Spread butter over the top of the bread, turn over and place buttered side onto a sandwich grill. Now spread butter onto the remaining side, close the grill and cook until golden. Cut sandwich diagonally in half and serve.

### TIPS:

Try with smoked chicken instead of turkey.

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