



ADD AN AVO

TO A VARIETY OF RECIPES



Australian
Avocados

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Avocados are a unique and delicious fruit available all year round. 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 and desserts. They're even great in hot meals.

You'll also be glad to know they're 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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AVOCADO WITH BALSAMIC VINEGAR & OLIVE OIL

Serves: 4
Preparation Time: 5 mins

INGREDIENTS:

- 2 avocados
- 4 tsp balsamic vinegar
- 4 tbsp extra virgin olive oil
- ½ bunch chives (finely sliced)
- Salt and pepper to taste

PREPARATION:

Cut avocados in half and remove the seed. Cut into the inside of the avocados in a criss cross pattern without piercing the skin. Pour the vinegar and oil into the avocados and season with salt and pepper. Sprinkle with chives.

TIPS:

This is a great snack in between meals or served as an entrée with some greens on the side and some crusty bread.

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CHILLED AVOCADO & DILL SOUP

Serves: 4

Preparation Time: 5 mins

INGREDIENTS:

- 2 avocados
- 500 ml plain yoghurt
- 350 ml vegetable stock
- 2 spring onions, washed and sliced
- ½ bunch dill
- 1 tsp Dijon mustard
- Salt and pepper to taste
- Sprigs of dill for garnish

PREPARATION:

Cut avocados in half, remove seed and scoop flesh into a food processor. Add all other ingredients and blend to a smooth consistency. Place into a refrigerator until chilled and serve, garnish with dill sprigs.

TIPS:

Serve in chilled martini glasses.



SMOKED SALMON FILLED WITH AVOCADO MOUSSE

Serves: 4

Preparation Time: 20 mins

INGREDIENTS:

- 2 avocados
- 100g low fat cream cheese
- 2 tbsp lemon juice
- 2 tsp horseradish cream
- ½ bunch dill (chopped)
- 200g smoked salmon
- Salt and pepper to taste

PREPARATION:

Cut avocados in half, remove the seed and scoop out the flesh. Place avocados into a bowl, add cheese, juice, horseradish and dill. Combine with a fork to a fairly smooth texture. Line the inside of four medium size coffee cups with plastic wrap and place smoked salmon slices onto the wrap. Fill with avocado mixture, fold over excess salmon and turn out on to a plate. Serve and garnish with gourmet leaves and a drizzle of olive oil and balsamic vinegar.

TIPS:

Serve with warm garlic bread or toasted sourdough bread.



MEAT BALLS WITH AVOCADO MASH

Serves: 4
Preparation Time: 20 mins
Cooking Time: 15 mins

INGREDIENTS:

- 600g lean minced beef
- 1 egg
- ½ cup breadcrumbs
- 1 brown onion (diced)
- 2 tsp mustard
- Salt and pepper to taste
- 2 tbsp vegetable oil
- 4 serves mashed potato (600g)
- 2 avocados
- 1 bunch parsley

PREPARATION:

In a large bowl combine beef, egg, crumbs, onion, mustard, salt and pepper and form into twelve meatballs. Heat oil in a fry pan and gently fry meatballs, turning occasionally, until cooked. Cut avocados in half, remove seed and skin, place in to a bowl and mash with a fork. Add avocados to the mashed potato, add parsley and check seasoning. Place avocado mash on to plates and top with meatballs.

TIPS:

Serve with onion gravy and salad or steamed vegetables. For a more flavoursome option, add 1 tsp of paprika and 2 tsp of Dijon mustard to the meatball mixture before cooking.

SEAFOOD SPAGHETTINI WITH AVOCADO & PARSLEY

Serves: 4
Preparation Time: 15 mins
Cooking Time: 10 mins

INGREDIENTS:

- 2 avocados
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 small onion (peeled and diced)
- 2 garlic cloves (chopped)
- 1 small red chilli (chopped)
- ½ bunch flat leaf parsley (chopped)
- 1 cup white wine or fish/vegetable stock
- 480g seafood (peeled prawns, mussels, calamari)
- 300g spaghetti (thin spaghetti or angel hair pasta)
- Salt and pepper to taste

PREPARATION:

Cut avocados in half, remove seed, skin and cut flesh into chunks, drizzle with lemon juice and set aside. Bring a large pot of salted water to the boil and cook the pasta in a fry pan, heat the olive oil and gently cook the onion, garlic and chilli till onion is transparent. Add the seafood and cook for 1 minute while stirring, add wine and cook for a further 2 minutes. Stir in the pasta, avocados and parsley, season to taste.

TIPS:

For extra spice, increase the amount of chilli. As an alternative replace seafood with diced chicken.



LAMB BURGER WITH AVOCADO & CHILLI JAM

Serves: 4

Preparation Time: 15 mins

Cooking Time: 15 mins

INGREDIENTS:

- 480g lean lamb mince
- 1 med size brown onion (peeled and diced)
- ¼ bunch flat leave parsley (chopped)
- ½ tsp lemon zest
- Salt and pepper to taste
- 2 avocados
- 2 tsp lemon juice
- 2 tbsp plain yoghurt (Greek style is best)
- ½ bunch mint (chopped)
- 1 tomato, sliced
- 4 tbsp chilli jam (or sweet chilli sauce)
- 4 damper rolls

PREPARATION:

In a bowl, combine mince, onion, parsley, lemon zest and seasoning. Form mixture into four burger patties and cook in a fry pan, under the grill or on the BBQ. Cut avocados in half, remove seed and skin, cut flesh into chunks, drizzle with lemon juice, add yoghurt, mint and season with salt and pepper then set aside. Toast the rolls lightly, place patty, chilli jam, tomato and avocado mix into the rolls and serve.

TIPS:

You can use soft rolls or burger buns instead of the damper rolls.

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ASIAN NOODLES WITH GINGER, GARLIC & AVOCADO

Serves: 4

Preparation Time: 10 mins

Cooking Time: 5 mins

INGREDIENTS:

- 560g asian noodle (pre soaked/cooked as per pack instructions)
- 2 tsp sesame oil
- 2 tbsp vegetable oil
- 2 tbsp ginger (peeled and cut into thin strips)
- 4 garlic (cloves, sliced)
- 2 tbsp light soy
- 2 tbsp oyster sauce
- 2 spring onion (sliced)
- 2 avocados
- ½ sprig coriander leaves

PREPARATION:

Heat sesame oil and vegetable oil in a wok or fry pan. Add ginger and garlic, fry gently then add noodles and stir fry. Cut avocados in half, remove seed and skin, cut flesh into chunks. Add onion, avocados, soy and oyster sauce to the noodles and stir fry for a further minute or until all ingredients are combined and hot. Serve and garnish with coriander leaves.

TIPS:

Try with chicken or prawns.

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POACHED FISH WITH AVOCADO SALSA

Serves: 4

Preparation Time: 20 mins

Cooking Time: 10 mins

INGREDIENTS:

- 4 x 150g fish fillet (snapper, blue eye cod, barramundi)
- 1 cup dry white wine
- 1 tbsp white wine vinegar
- 2 avocados
- 1 large tomato (diced)
- ½ med size red onion (diced)
- ½ bunch parsley (chopped)
- 100g butter (cut into cubes, refrigerated)
- Salt and pepper to taste

PREPARATION:

Pour wine and vinegar into a pan and bring to the boil, add fish fillets, cover and simmer gently until just cooked. Cut avocado in half, remove seed and skin, cut flesh into dice and place into a bowl. Add tomato, onion, parsley and season to taste. Lift fish out of the pan onto plates, spoon salsa on top. Bring cooking liquor to the boil and reduce by half, whisk in the butter. Sieve sauce through a fine strainer and pour over the top of fish and salsa.

TIPS:

Serve with boiled new potatoes and a fresh salad or some baby vegetables.

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AVOCADO & LEMON YOGHURT

Serves: 4

Preparation Time: 10 mins

INGREDIENTS:

- 2 ripe avocados
- 60g low fat cream cheese
- 100g plain low fat yoghurt
- Zest and juice of ½ a lemon
- 2 tbsp caster sugar (or equivalent of sweetener)
- 4 thin lemon slices
- 4 sprigs mint
- 8 tbsp strawberry sauce

PREPARATION:

Cut avocados in half, remove seed and scoop flesh into a food processor. Add all other ingredients, except lemon slice and mint, and blend to a smooth paste. Divide mixture into four desert glasses/dishes and chill for 2 hours, top with strawberry sauce garnish with lemon slices and mint sprigs.

TIPS:

Replace the strawberry sauce with fresh strawberries or use raspberry sauce and serve with a wafer biscuit.

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