



ADD AN AVO
TO YOUR FOOTY PARTY



Australian
Avocados

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Footy stars like Billy Slater stay super fit and healthy by training hard. But for the rest of us, footy's probably something we take part in on the sofa rather than on the field. So this footy season when you're sitting back, the best way to stay healthy is to eat healthy, by adding an Avocado to your snacks. This Footy Recipe Book

is full of delicious and easy to prepare Avo snack choices that will have your body feeling like a superstar.

Zoe Bingley-Pullin
Zoe Bingley-Pullin
Nutritionist and chef



PANTHERS GOLDEN POINT PARCELS

Serves 2 – 4 portions

INGREDIENTS:

- 2 x 200g skinless cooked chicken breasts
- ½ cup fresh pineapple, ½ round thinly sliced
- 1 avocado, skin and pip removed, cut into thin slices
- 1 tbsp sesame oil
- 1 tbsp of light soy sauce
- 1 tbsp of chopped coriander
- 1 tbsp of chopped mint

METHOD:

- 1 Place the chicken, sesame oil, soy sauce, coriander and mint into a mixing bowl and lightly mix.
- 2 Pre-heat the BBQ to a high heat. Place the marinated chicken breast on a large piece of aluminium foil followed by slices of pineapple and avocado. Wrap into a sealed package and repeat for the second chicken breast.
- 3 Place on the BBQ for 20 minutes.
- 4 Once cooked, serve with mixed salad and serve.

“Hi, I’m Tim Grant. I’m 22 years old, 196cm tall and my position is prop for the Penrith Panthers. I’m a keen supporter of the NRL avocado recipe competition and this is my favourite recipe.”





SAUCY ROOSTERS CHOOK PEN CHICKEN

Serves 2

INGREDIENTS:

- 2 x 200grams Steggles chicken breast seasoned with a little salt and pepper
- Spray olive oil for cooking
- 1 avocado, pip and skin removed
- 2 tomatoes cut into quarters
- 2 tbsp of basil
- 2 tbsp of parsley
- 4 tbsp of raw, unsalted cashews

METHOD:

- 1 Spray a hot non-stick pan or BBQ with a little olive oil and add the chicken breast. Cook on either side for 4 – 5 minutes or until cooked through.
- 2 In a food processor place all the remaining ingredients and blend until smooth.
- 3 Serve the cooked chicken breast with a generous helping of the sauce on top. Steamed green beans as a side are delicious with the dish.



"Hi, I'm Jason Ryles. I'm 31 years old, 194cm tall and I play in the front row for the Sydney Roosters. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."

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AVOCADO SPAGHETTI JUNIOR EELS

Serves 4

INGREDIENTS:

- 4 roma tomatoes cut into quarters and seasoned with a little sea salt
- 200g of butternut or Japanese pumpkin, skin and seeds removed, cut into small cubes
- 1 avocado, pip and skin removed, cut into thick slices
- ½ cup of basil leaves, roughly chopped or torn
- ¼ cup of extra virgin olive oil
- 1 tsp of chilli flakes
- 500g good quality spaghetti
- Parmesan or feta cheese for serving
- Salt and pepper to taste

METHOD:

- 1 Pre-heat your oven to 180°C. Place the pumpkin and tomato into a baking dish, drizzle with olive oil and cook for 10 – 15 minutes. Once cooked let it cool for a couple of minutes.
- 2 Bring a saucepan full of water to the boil and throw the pasta in to cook for 10 – 12 minutes, al dente is ideal.
- 3 Once the pasta is cooked drain and place in a large mixing bowl. Mix through the pumpkin, tomato, avocado, basil, chilli and salt and pepper.
- 4 Serve with parmesan or feta cheese sprinkled on top.



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COWBOYS ROUND UP CASSEROLE

Serves 4

INGREDIENTS:

- 2 cloves garlic chopped
- 2 large chicken breast fillets, skin removed
- 1 capsicum chopped
- 1 cup tinned tomatoes
- 2 avocados, pip and skin removed, chopped
- 2 tbsp olive oil
- 1 tsp fresh chilli or paprika
- Salt and pepper to taste

METHOD:

- 1 Place oil and garlic in a saucepan and cook for 2 minutes.
- 2 Add the chicken, capsicum and tinned tomatoes.
- 3 Simmer for 20 minutes or until chicken is cooked through.
- 4 Stir through avocado.
- 5 Season with salt and pepper, add a dash of fresh chilli or paprika.
- 6 Serve with rice.

BRONCO'S SURF SCRUM PIZZA

Serves 6

INGREDIENTS:

- 3 English muffins, cut in half so there are 6 round pieces
- ½ cup of good quality tomato based pizza sauce
- 1 avocado, pip and skin removed, cut into slices
- 18 peeled and cooked prawns
- ½ cup low fat mozzarella cheese

METHOD:

- 1 Pre-heat the oven to 180°C.
- 2 On a baking tray place the English muffins.
- 3 Spread approximately 1 tbsp of tomato based pizza sauce on each half followed by 3 prawns on each.
- 4 Add sliced avocado on top and sprinkle with the cheese.
- 5 Bake for 15 minutes and serve.



"Hi, I'm Ashley Graham. My mates call me 'Twitch'. I'm 26 years old, 186cm tall and my position is centre. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."

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"Hi, I'm Ben Te'o. I'm 23, this is my second year with the Brisbane Broncos and I play second row. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."



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SOUTHS RED & GREEN ROCKETS

Serves 6

INGREDIENTS:

- 200g of chicken breast, cut into cubes
- 12 cherry tomatoes
- 2 avocados, pip and skin removed, cut in cubes
- 4 tbsp of olive oil
- 1 tsp of sea salt
- 1 tsp of pepper
- 1 tsp of chilli flakes (optional)
- 12 skewers

METHOD:

- 1 Place all the ingredients in a bowl and mix lightly.
- 2 Thread each skewer with a chicken cube, avocado and tomato. Repeat process until the skewer is full.
- 3 Place on a hot grill / bbq and cook for 15 minutes or until cooked through.
- 4 Serve with a salad on the side.



"Hi, I'm Mathew Demetrios. I have been involved with Souths Juniors all my life, first as a player and now as an employee. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."

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SURFERS SALMON PATTIES

Serves 4

INGREDIENTS:

- 300g tinned salmon, drained
- 1 avocado, pip and skin removed, mashed
- 200g sweet potato, skin removed, cooked (steamed or boiled) and mashed
- 2 tbsp finely chopped fresh coriander
- 2 garlic cloves skin removed and crushed
- 4 tbsp olive oil
- ½ cup plain flour for coating
- Salt and pepper to taste

Optional: add 1 small diced chilli to the salmon mixture

METHOD:

- 1 Place salmon, avocado, sweet potato, coriander and garlic in a bowl and mix thoroughly.
- 2 Season with salt and pepper
- 3 Separate into 4 patties and dust each with a little flour.
- 4 Heat a pan to high heat with olive oil.
- 5 Place patties in pan and cook 3 – 4 minutes on both sides, or until golden brown.

"Hi, I'm Peter McGrath, Chairman of Gold Coast Junior Rugby League. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."



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SAUCY CANTERBURY VEAL SCALLOPINI

Serves 4

INGREDIENTS:

- 4 x 200g veal scallops
- 1 avocado, pip and skin removed, cut into thin slices
- 1 lemon squeezed
- 2 garlic cloves crushed
- 4 tbsp olive oil
- Salt and pepper to taste

METHOD:

- 1 In a bowl mix 2 tbsp olive oil, lemon juice, garlic and salt and pepper to taste.
- 2 Place veal in bowl and coat with mixture.
- 3 Heat pan to medium to high heat and add remaining olive oil.
- 4 Cook veal 2 – 3 minutes each side or until cooked through.
- 5 Place sliced avocado on top of veal and serve with salad or veggies.



"Hi, I'm Brian Tovey. I am the President of the Canterbury Bankstown Junior League Committee but started with the club as a player in 1962. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."

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KNIGHTS AVO DUMMY-HALFS

Serves 8

INGREDIENTS:

- 4 avocados, cut in half and pip removed
- 1 jar bolognaise sauce
- ½ cup low fat mozzarella cheese

METHOD:

- 1 Spoon 1 – 2 tbsp of warmed, bolognaise sauce in the cavity of each avocado.
- 2 Sprinkle grated low fat mozzarella cheese on top.
- 3 Cook under a hot grill until the cheese is golden brown in colour.

Note: Pre-homemade bolognaise sauce can be used.

"Hi, I'm Kurt Gidley. My mates call me 'Kidley'. As well as playing for the Knights, I have represented Australia. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."



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TIGERIFIC TRY-LINE PIZZA

Serves 3-4

INGREDIENTS:

- 1 large pizza base
- ½ cup tomato based pizza sauce
- 1 chicken breast fillet, cooked and finely chopped
- ¾ cup crumbled low fat feta cheese
- 1 avocado, pip and skin removed, chopped

METHOD:

- 1 Spread pizza sauce on the pizza base.
- 2 Top with chicken and feta.
- 3 Cook in 220°C oven for 20 minutes, until golden.
- 4 Serve with the chopped avocado on top.



"Hi, I'm Beau Ryan. I'm 25 years old and I play wing or centre for the West Tigers. I'm also a reporter for Channel 9's The Footy Show. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."

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RAIDERS ROLLERS

Serves 2

INGREDIENTS:

- 4 pieces of flatbread, lavish or tortilla works well
- 2 avocados, pip and skin removed, mashed but still chunky
- 8 asparagus spears cooked
- 1 tbsp finely chopped basil leaves
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste

METHOD:

- 1 Stir basil through avocado mash and add salt and pepper to taste.
- 2 Lay out some flatbread and spoon some avocado mixture down the centre of each piece.
- 3 Lay 2 asparagus spears in the centre of each piece.
- 4 Drizzle with olive oil and lemon juice.
- 5 Roll up and serve.

"Hi, I'm Terry Campese. My mates call me 'Campo'. I play five-eighth for the Canberra Raiders and my favourite footy moment was playing for Australia in 2008. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."



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SHARKS SNACK ATTACK

Serves 4

INGREDIENTS:

- 1 tbsp margarine
- 1 tbsp plain flour
- 1 cup skim milk
- ½ cup tinned tuna, drained
- 1 avocado, pip and skin removed, chopped
- 1 sheet puff pastry
- Salt and pepper to taste

METHOD:

- 1 Heat margarine in saucepan until sizzling and stir through plain flour.
- 2 Slowly stir in 1 cup skim milk and stir until smooth.
- 3 Stir through tuna.
- 4 Stir in avocado and season with salt and pepper.
- 5 Place mixture into an oven proof dish.
- 6 Cover with puff pastry and bake for 15 – 20 minutes or until golden brown.



"Hi, I'm Adam Cuthbertson. I'm 25 years old, 183cm tall and play second row for the Cronulla Sharks. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."

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ST GEORGE DRUMSTICKS WITH SCORCHING AVOCADO DIP

Serves 4 – 6

INGREDIENTS:

- 500g of chicken drumsticks
- ¼ cup soy sauce
- ¼ cup honey

CHILLI AVO DIP INGREDIENTS:

- 2 avocados, pip and skin removed, cut into cubes
- 1 bunch of coriander, finely chopped
- ½ bunch of shallots, finely chopped
- 2 tomatoes, diced
- ½ lemon juiced
- ½ orange juiced
- 1 tsp of fresh chilli chopped
- Salt and pepper to taste

METHOD:

- 1 Pre-heat oven to 180°C. In a bowl mix the chicken, soy and honey, thoroughly. Place in a baking dish and place in the oven for 20 minutes until golden brown or until cooked.
- 2 In a food processor blend all the avocado dip ingredients.
- 3 Serve the drumsticks with the scorching avocado dip on the side.

"Hi, I'm Chris Books, President of the St George Junior Rugby Football League. I'm a keen supporter of the NRL avocado recipe competition and this is my favourite recipe."



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AVO MELTS

Serves 4

INGREDIENTS:

- 4 x panini, cut in half
- 10 mushrooms, washed and sliced
- 2 avocados, pip and skin removed, diced
- 200g creamed corn
- 2 shallots, finely diced
- 1 egg
- Salt and paprika / pepper to taste.

METHOD:

- 1 Combine mushrooms, avocado, corn, shallots and egg in a bowl and season with salt.
- 2 Spread mixture evenly over 8 panini halves.
- 3 Place on a baking tray in an oven preheated to 180°C for 10 – 15 minutes or until golden brown.



TUNA TUBES

Serves 2

INGREDIENTS:

- 1 cup tinned tuna, drained
- 2 avocados, seed removed and mashed
- 1 packet instant cannelloni logs
- 1 cup tomato pasta sauce
- ½ cup low fat cheddar cheese

METHOD:

- 1 Combine tuna and avocado and with a teaspoon spoon the mixture into instant cannelloni logs (can use a piping bag).
- 2 Arrange the logs in a baking dish and pour over pasta sauce.
- 3 Sprinkle grated low fat cheddar cheese on top.
- 4 Bake in 220°C oven for 30 minutes, until heated through and golden on top.

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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