

### **New season alert: Hass avocados from Peru**

Discover the delights of Peruvian cuisine this summer, when the new season for Peruvian Hass avocados begins in June.

The creamy and nutty flavoured Hass avocado is one of the healthiest foods you can eat – it is also one of the most versatile.

Produced in orchards along the fertile coastal region of Peru in South America, Hass avocados can be identified by their dark, knobbly skin, which darkens to black as the fruit inside ripens.

Hass avocados are easy to prepare and delicious to eat - they're a great ingredient in salads, sandwiches, wraps and pasta dishes or simply eaten on their own, scooped from the skin.

To discover Peruvian cuisine for yourself, look out for the Ceviche Prohass van appearing in London during the summer, which will be serving up traditional Peruvian dishes featuring Hass avocados, and handing out free avocado samples. Avocado-inspired recipes designed by the new Peruvian restaurant - CEVICHE, which opens soon in London, will also be available in the next couple of weeks.

In the meantime, why not try this mouth-watering Peruvian Avocado Ceviche recipe.

#### **Avocado Ceviche**

##### Ingredients

Serves 4

250g Skinless plaice fillet

250g Skinless salmon

3 Limes, juiced

1 Hass avocado

1 Shallot

1 Red chilli

Handful of coriander leaves

Salt & pepper

##### Method

1. Cut both the salmon and plaice into thin strips and arrange on a large serving plate.
2. Finely slice the shallot and the chilli and place into a small dish.
3. Add the lime juice to the chilli mix and stir together to make the marinade.
4. Pour this over the sliced fish making sure that all of it is covered.
5. Cover the plate and then place in the fridge for 1 hour to marinade.
6. Just before serving, mash the avocado with the back of a fork and season with salt and pepper.
7. Dot the mashed avocado over the marinated fish, then add the coriander leaves.

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