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Peruvian Hass avocados are back: new recipes

Creamy fleshed and nutty flavoured Hass avocados are back in the UK supermarkets and, either mashed, diced or sliced, they are the perfect ingredient for these delicious summer dishes.

Hass avocados are easy to prepare for salads, pasta, or even desserts. They're packed with nutrients and monounsaturated fats (or "good" fats) and contain 60% more potassium than bananas, athletes' favourite fruit.

Peruvian Hass avocados are widely available in the UK until late September.

These recipes are free to use in your publication. Contact details can be found at the end of this release.

Did you know that avocados are "the most nutritious of all fruits that are commonly eaten raw" (*The Guinness Book of Records*)?



Gnocchi with Hass Avocado Pesto

This simple dish is ideal for a quick lunch or supper. The pesto sauce is fresh, fragrant and fabulous – and great with pasta too!

Serves 2

Preparation and cooking time: 15 minutes

Ingredients

- 1 ripe Hass avocado, halved, pitted and peeled
- A large bunch of fresh basil
- 1 garlic clove, crushed
- 50g blanched almonds, pine nuts or walnuts
- Juice of 1/2 lemon
- 2 tbsp olive oil
- Salt and freshly ground black pepper, to taste
- 500g pack ready-to-cook gnocchi
- 100g baby plum or cherry tomatoes, halved
- Parmesan cheese shavings, to serve



Method

1. Put the avocado flesh into a blender. Reserve a few basil leaves for garnish and put the rest into the blender with the garlic, nuts, lemon juice and olive oil. Blend for about 20 seconds until smooth, adding a little water if you prefer a thinner consistency.
2. Season to taste with salt and black pepper.
3. Bring a large saucepan of lightly salted water to the boil and cook the gnocchi according to pack instructions. Drain well, return to the saucepan and add the pesto sauce and tomatoes. Heat, stirring gently, for 1-2 minutes.
4. Share between 2 warmed plates or bowls and sprinkle with extra black pepper and the reserved basil leaves. Serve with the Parmesan shavings.

Cook's tip: The pesto sauce has the best flavour if you make it just when you need it.

Hass Avocado, Quinoa and Radish Salad

Quinoa (pronounced 'keen-wah') is delicious in salads – and so easy to prepare. Try it in this recipe, where it's combined with crunchy radish and green beans, with creamy-soft Peruvian Hass avocado.

Serves 4-6

Preparation: 10 minutes

Cooking time: 20 minutes

Ingredients

- 200g quinoa, rinsed and drained
- 200g fine green beans, trimmed and sliced
- 1 garlic clove, halved
- 4 tbsp olive oil
- Juice of 1 lemon
- ½ tsp ground cumin
- Salt and freshly ground black pepper
- 100g radish, trimmed and sliced
- 1 ripe Hass avocado, halved, pitted, peeled and sliced
- 50g mixed salad leaves



Method

1. Put the rinsed quinoa into a saucepan and cover with plenty of cold water. Bring to the boil, then reduce the heat and simmer for 15-20 minutes, until tender. Drain, rinse with cold water and drain well.
2. Meanwhile, cook the green beans in lightly salted boiling water for 3-4 minutes, until just tender. Drain and rinse with cold water to cool them quickly.
3. Rub the cut surfaces of the garlic clove around the inside of a large serving bowl, then discard it (this will give a hint of garlic to the salad). Add the olive oil, lemon juice and cumin. Season with salt and pepper and whisk together.
4. Tip the drained quinoa and beans into the serving bowl and add the radish, avocado and salad leaves. Toss together gently, then serve immediately.

Cook's tip: You can make the salad in advance, though prepare the avocado and toss it through the salad with the mixed leaves just before serving.

Avocado and Lime Loaf

This surprising tea loaf is utterly delicious – you must try it! And it's sweet – not savoury – making it perfect for elevenses with coffee, or for an afternoon tea treat.

Serves 8-10

Preparation: 20 minutes

Cooking time: 55-60 minutes

Ingredients

- 85g unsalted butter, at room temperature
- 200g caster sugar
- Finely grated zest and juice of 1 lime
- 1 very ripe Hass avocado, halved, pitted, peeled and mashed
- 2 large eggs, at room temperature
- 1 tsp vanilla extract
- 200g plain flour
- Pinch salt
- 1 tsp baking powder
- 1 tsp baking soda
- 100ml buttermilk



Icing

- ½ very ripe Hass avocado, pitted, peeled and mashed
- Zest of 1 lime
- Juice of ½ lime
- 35g unsalted butter
- 100g icing sugar, sifted

Method

1. Preheat the oven to 180°C/fan oven 160°C/gas 4. Grease and line the base of a 900g (2lb) loaf tin with greaseproof paper.
2. Using an electric whisk beat together the butter and sugar until light and creamy.



3. Add the lime zest and juice to the mashed avocado, then beat this into the butter mixture. Add the eggs one at a time, beating well between each addition. Stir in the vanilla extract.
4. In a separate bowl, sift together the flour, salt, baking powder and baking soda. Use a large metal spoon to fold half into the avocado mixture. Stir in the buttermilk, then fold in the remaining flour mixture.
5. Transfer the cake mixture to the prepared tin and smooth over the top.
6. Bake for 55 minutes - 1hr until a skewer inserted in the middle comes out clean. If the loaf is browning too quickly, cover lightly with a piece of foil.
7. Remove from the oven then leave to cool for 15 minutes. Remove from the tin, peel away the paper and leave on a wire rack to cool completely before icing.
8. To make the icing, mix the avocado with half the lime zest and the juice.
9. Cream the butter using an electric whisk, then beat in the avocado mixture. Slowly add the icing sugar, whisking well to combine. Spread thickly over the top of the cooled cake and sprinkle with the remaining lime zest.

Cook's tip: The loaf will keep in an airtight container for three days.

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For more information, please contact.



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