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Peruvian Hass avocado recipes: In season May to August

Peruvian Hass avocados are in season and widely available in British supermarkets from May through to August. They're not only delicious but also contain 11 out of the 13 known vitamins including vitamin E, B6 and B5.

These light, healthy and quick avocado recipes are ideal for the summer season.

Avocado stuffed with chicken mayonnaise

Serves 4

Preparation time: 50 minutes

Ingredients:

- 1 skinless chicken breast fillet
- 1 small carrot
- 1 celery stick
- ½ small leek
- 2 tblsp of mayonnaise
- 2 ripe Hass avocados
- 2 olives, pitted and sliced to garnish
- Red bell pepper, cut into strips to garnish
- Salt, to taste



Method:

1. Place the whole chicken breast in a pan with 1 litre of water, the carrot, leek, celery and a pinch of salt. Bring to the boil, reduce the heat and simmer for 30 minutes.
2. Remove the chicken from the stock and let it cool, then shred the meat finely, either with your fingers or with two forks, into a bowl and mix it with the mayonnaise.
3. Halve the avocados, remove the stones and peel them. Remove a small slice from the bottom of each half to stop it rolling around on the plate.
4. Place an avocado half on individual serving plates. Season with salt and stuff with the chicken mixture. Garnish each avocado half with olives and strips of red pepper and serve immediately.

Avocado and prawn noodle salad with coconut dressing

Serves 2

Preparation time: 20 minutes

Ingredients:

- 1 ripe Hass avocado, peeled and sliced
- 100g rice noodles
- 4 tbsp coconut milk
- Juice of ½ lime
- 1 tbsp chives, chopped
- A thumb-sized piece root ginger, finely grated
- 100g cooked, peeled prawns
- Salt, to taste



Method:

1. Soak the rice noodles in boiling water until just tender.
2. Drain and rinse under cold water, then drain again.
3. Mix the prawns, avocado and noodles together in a large bowl.
4. To make the dressing, whisk together the coconut milk, lime juice, chives and ginger.
5. Pour the dressing over the other ingredients, toss the mixture, season with salt and serve.

Avocado hummous

Serves 6

Preparation time: 20 minutes

Ingredients:

1 ripe Hass avocado, diced
1 400g/14oz tin chickpeas, drained and rinsed
1 garlic clove, finely chopped
Juice of 1 lemon
½ tsp Tabasco
½ tsp ground cumin
Salt, to taste
Pitta breads and crudités, to serve

**Method:**

1. Simply blend all of the ingredients together in a food processor until smooth.
2. Put the hummous in a bowl and cover with cling film.
3. Chill in the fridge for one hour.
4. Serve with warm pitta breads and crudités.

For more **information, recipes** or **photography** featuring Peruvian Hass avocados please contact:

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