

# how to choose ripe australian avocados

## Hass avocados change colour as they ripen

so colour is a good visual indication of ripeness without touching the fruit.

To test by touch, gently press the stem end of your avocado.

If it's quite firm, it will be ready in a couple of days.

If it's softening or soft, it's ready to eat.

# healthy reasons to eat avocados



## Nutrient dense

Avocados contain a range of vital nutrients needed for a healthy body.



## Rich in vitamins C & E

Avocados contain antioxidant vitamins C & E.



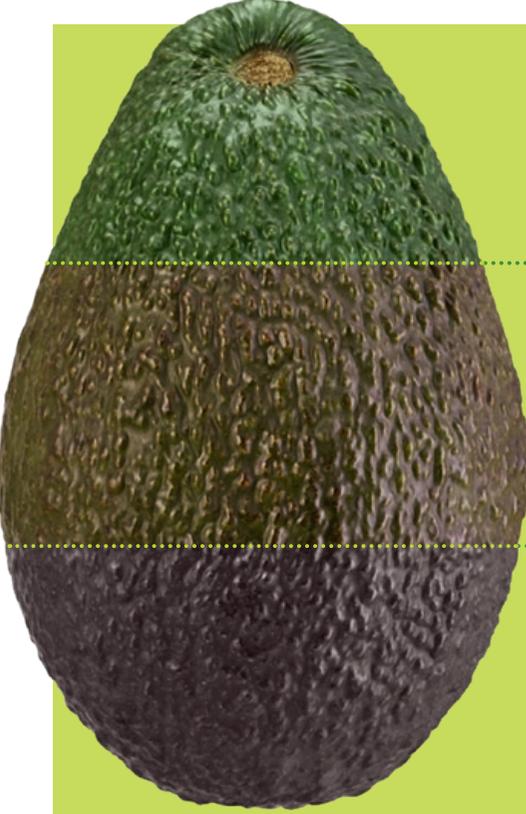
## Contain good fats

Rich in healthy monounsaturated fats.



## Full of fibre

Avocados assist with maintaining a healthy digestive system.



**hard:** olive green  
wait **2-3 days** before eating

Not ready yet – keep fruit at room temperature to allow it to ripen.  
Once ripe, fruit can be stored in the refrigerator for up to 2 days.

**firm ripe:** green black  
ready to eat – perfect to  
**cube | slice | spoon**



add cubes to salad



slice & enjoy on toast



eat with a spoon

**soft ripe:** purplish black  
ready to eat – perfect to  
**spread | mash | mix**



spread on a wrap



mash into guacamole



mix into a smoothie

for delicious recipes and fresh serving ideas  
visit [australianavocados.com.au](http://australianavocados.com.au)

## simple healthy recipes australian avocados



### Pumpkin & avocado salad

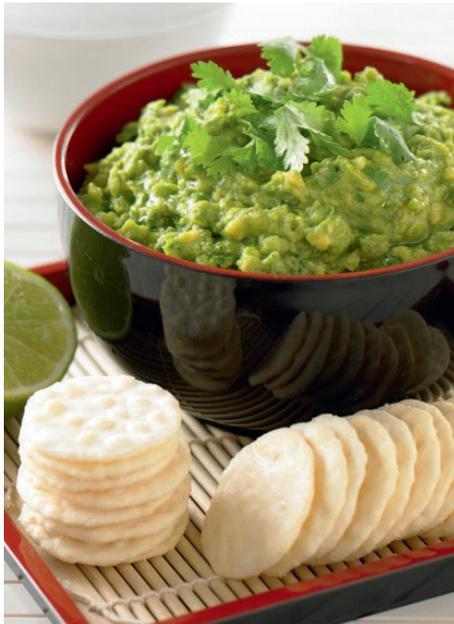
cooking time 20 mins | serves 4

#### ingredients

1 large or 2 small avocados, seeded, peeled, diced  
500g pumpkin, seeded, peeled, cut into 2cm cubes  
Salt & pepper to taste  
2 tablespoons olive or other salad oil  
2 - 3 cups (100g) baby spinach or torn lettuce leaves  
1 tablespoon lime juice or balsamic vinegar

#### method

Preheat oven to 200°C. Place the pumpkin on an oven tray lined with baking paper and drizzle with half the oil. Season with salt and pepper. Bake in oven, turning occasionally, for 20 minutes or until golden brown and tender. Remove from oven. Place spinach and avocado in a large bowl. Add the pumpkin and drizzle with lime juice and remaining oil. Gently toss to combine. Serve immediately.



### Guacamole

preparation time 5 mins | serves 6-8

#### ingredients

2 ripe avocados, halved, seeded, peeled  
1 tablespoon lime juice  
1 tablespoon fish sauce  
2 tablespoons fresh coriander, finely chopped  
2 tablespoons fresh mint, finely chopped

#### method

- Place the avocado, lime juice and fish sauce in a medium bowl.
- Use a fork to mash until smooth.
- Add the chopped coriander and mint and stir to combine.
- Taste and season with salt and pepper.
- Spoon into a serving bowl & sprinkle with extra coriander and mint leaves.
- Serve immediately with rice crackers or tortillas

# Your guide to australian avocados ripe & ready to use

