



Avocado

Store

- Buy several days in advance when still hard, store at room temperature.
- To speed up ripening store next to a banana or to make it faster place in a paper bag with a banana.
- A ripe avocado will have a small amount of give when cradled in your hand and squeezed gently.
- Once ripened store in the fridge for up to a week.



Prepare

- Cut a ripe avocado lengthwise around the stone, rotate the halves to separate.
- If using the whole avocado remove the stone by sliding the tip of a teaspoon gently underneath and lifting it out.
- Scoop out flesh with a spoon or gently peel off the skin with a knife.
- Once cut, sprinkle surface with lemon juice so it doesn't go brown, alternatively wrap with plastic wrap.
- If using only half, keep the stone in the avocado as it helps prevent browning, wrap the avocado in plastic wrap and store in the fridge.

Avocado Pizza

Toast 4 wholemeal pita breads. Mash the avocado with a little lemon juice and spread over the pita bread. Top with some tinned salmon, or sliced tomato or leftover chicken. Sprinkle with chopped spring onions.

With Pasta

Cook 300g pasta in boiling salted water until cooked. Then drain. While pasta is cooking, fry 100g diced bacon in 1 teaspoon of oil and when crisp add 1 tin Italian flavoured tomatoes. Add 1 avocado peeled and diced. Heat through and serve over the pasta topped with some chopped parsley.