

Avo Facts

 Avocados ^{from} Peru

www.deliciousavocados.co.uk

Do you know Peru?



Eating avocados has a positive effect on mood by increasing levels of serotonin in the brain.



Avocados contain monounsaturated (good) oils – the same oil found in nuts and olive oil

5^{a day}

Half an avocado counts as one of your 5-a-day



Avocados make you feel full for longer

137
calories

Half a medium avocado (72 grams) contains just 137 calories, 50% fewer than a plain bagel



The Guinness Book of Records claims avocados are 'the most nutritious of all fruits that are commonly eaten raw'.



Avocados also contain one of the highest concentrations of dietary fibre of any commonly eaten fruit, which helps digestion.

11/13

Avocados contain 11 of the 13 known vitamins and minerals essential to healthy development in young people. These include good levels of vitamins A, C and K, other antioxidants, and folic acid.



Avocados contain 60% more potassium than bananas, which helps maintain nerve and muscle functions, so is an essential mineral for athletes. Potassium is also thought to help lower blood pressure.



11

The number of Peruvian sites inscribed on the UNESCO's World Heritage List



12,000

the amount of hectares of Hass avocados plantations in Peru



15

the percentage of Peruvian land that is protected



3,000

the amount of traditional Peruvian celebrations take place every year



1535

the year Lima was founded



300

the amount of sunny days in Arequipa in southern Peru each year



60,000

number of tons Peruvian Hass avocados expected to be shipped to Europe in 2013



1

Lima is considered to be the gastronomic capital city of South America



3,820

the height in metres of Titicaca, the highest navigable lake in the world



74

number of Peruvian Hass avocado growers part of ProHass



3

Three ways to eat avocados like Peruvians do: 1. Try avocados in a Ceviche 3. Mashed it, spread it on toast, season and enjoy 2. Or in a Causa Limeña



Prawn and Hass avocados Ceviche

Perfect as a healthy main course summer salad, or for a delicious starter.

Serves 2 as a main course, or 4 as a starter
Preparation, cooking, chilling time: 40 minutes

Ingredients:

1 large Hass avocado, halved, pitted and peeled, then cut into 1cm cubes
350g raw king prawns
Juice of 1 lemon
Juice of 1 lime
1 small red onion, finely chopped
1 red chilli, deseeded and finely chopped
1/2 cucumber, deseeded and diced into 1cm cubes
A handful of fresh coriander or parsley, chopped
Salt and freshly ground black pepper, to taste

Method:

1. In a large saucepan, bring 2 litres of water and a large pinch of salt to the boil. Add the prawns and cook for 2 minutes maximum, then remove with a slotted spoon and immediately transfer to a bowl of iced water to prevent further cooking (and turning the prawns rubbery). Drain well, then place in a bowl (not a metal one) and add the lemon and lime juice, mixing well.
2. Add the red onion and chilli, stirring to combine. Cover and refrigerate for 30 minutes.
3. Remove from the fridge and add the avocado, cucumber and coriander or parsley. Season with salt and pepper, mix well, then spoon into attractive dishes or glasses and serve.

Cook's tip: If serving as a main course salad, toss through a bag of spinach, rocket and watercress salad.

For more information: www.deliciousavocados.co.uk

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