

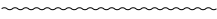
A photograph of a white ceramic bowl filled with a thick, green avocado-pineapple spread. The spread is garnished with fresh green basil leaves and several pieces of toasted, golden-brown walnuts. The bowl sits on a dark, textured surface, surrounded by a large pile of triangular, golden-brown tortilla chips. In the background, a glass of a dark beverage with ice is visible. The overall lighting is soft and focused on the bowl.

R e c i p e

# AVOCADO-PINEAPPLE- SPREAD WITH CALIFORNIAN WALNUTS

# AVOCADO - PINEAPPLE - SPREAD

w i t h C a l i f o r n i a n W a l n u t s



Recipe: **CALIFORNIA WALNUT COMMISSION**

## INGREDIENTS

- 100 g    canned pieces of pineapple
- ½        bunch of basil
- 150 g    avocado
- Some lemon juice
- 1         clove of garlic
- 30 g     grated pecorino
- 80 g     crème fraîche
- 50 g     Californian Walnuts,  
          chopped
- Salty, freshly ground white  
          pepper



**TIME**  
Preparation  
time: 15 minutes  
Fridge time: 1  
Hour



**SERVING**  
4 people



**CATEGORY**  
Appetiser



**ISSUE**  
sisterMAG54

- STEP 1**    Drain the pineapple.
- STEP 2**    Wash the basil, shake dry, pick off the  
              leaves and chop finely.
- STEP 3**    Peel the avocado and remove the pit.  
              Drizzle with lemon juice and purée in  
              a mixer. Add the peeled and pressed  
              clove of garlic as well as pecorino, basil,  
              crème fraîche and pineapple and finely  
              purée.
- STEP 4**    Stir in walnuts, season with salt and  
              pepper. Let cool in the fridge for 1 hour.

## ROUGH NUTRITIONAL FACTS PER SERVING:

- Energy 247 kcal
- Protein 5,5 g
- Carbohydrates 7,58 g
- Fat 21,3 g
- Of which
- saturated fats 7,42 g
- unsaturated fats 13,9 g