

Clearspring

Amazing Avocado

Introducing the newest addition to the Clearspring Organic

First Cold Pressed Oils range



The new Organic Avocado Oil from Clearspring brings a burst of fresh flavour. Smooth, with a soft, nutty flavour and a subtle aroma that enhances, without overpowering, the natural flavours of food, Clearspring Organic Avocado oil makes an exciting alternative to standard oils to reinvigorate your salad dressings and marinades.

Clearspring Organic Avocado Oil is highly versatile and is delicious for bread-dipping, sauces, sweet and savoury baking, dressings and marinades. It's great to drizzle over ingredients which are mildly flavoured and, due to its high smoke point, it can even be used for deep-frying. It's healthy too, rich in vitamin E, cholesterol free and high in monounsaturated fat.

Organically grown and carefully selected fresh, ripe avocados are cold-pressed to produce this exquisite oil. With its rich, smooth, creamy taste, it will add a gourmet touch to a wide variety of foods.

Clearspring Organic Avocado Oil
£6.99 for 250ml

Available online at www.goodnessdirect.co.uk and independent health food stores.

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For more information about the Clearspring range please visit www.clearspring.co.uk

For press information, images or samples, please contact Jacquelyn Redpath at Freshwater on 0207 067 1597 or email jacquelyn.redpath@freshwater-uk.com



Penne pasta with roasted butternut squash and avocado oil

This pasta dish is great served warm or cold. Why not enjoy it as part of a tasty picnic?

Serves 4

380g penne pasta

½ butternut squash, cut into bit-sized pieces

2 cloves garlic, crushed

2tbsp lemon juice

2tsp lemon zest

6tbsp Clearspring Organic Avocado Oil

40g Spinach

1 tbsp chopped sage

Preheat the oven to 180C, put the butternut squash onto a baking tray with a little avocado oil and seasoning. Roast until soft - 15-20 minutes.

Meanwhile cook the penne in boiling salted water for 11 minutes, or until al dente.

Now put the avocado oil, garlic and sage into a pan and cook on a very low heat until the garlic is softened but not coloured.

Add the lemon juice and lemon zest. Strain the pasta retaining 2tbsp of the cooking liquor and then add the pasta and liquor to the sauce with the butternut squash and spinach. Mix thoroughly, adjust the seasoning as required and serve.

Variation: for a bit of a kick, add a pinch of chilli flakes to the oil at the same time as the garlic.

Recipe by Celia Plender