

Exotic fruits, avocado in the kitchen!

NUTRI-lipidomics *Molecular nutrition and healthy diet*



Wholemeal rice with avocado with summer aroma

The idea of the fruit that we are familiar with, reminds us of the dessert, the end of the meal. In reality, this happens because the fruit we are used to consume, usually contains sugars, water, vitamins, trace elements and fibers. In other countries, especially in the center and south places of the world, nature has selected types of fruit that, in addition to the listed nutrients, provide a significant amount of fat and are suitable for the preparation of first and second courses, salads and creams to accompany savoury dishes that are enriched with good fats and creaminess. One of these wonderful fruits is avocado, a drupe just like our beloved olives, rich in fatty acids very similar to those found in olives and olive oil. We suggest it in the Hass variety, from Israel, as a condiment for whole meal rice, a dish to be eaten hot or cold, flavoured with Mediterranean herbs and coriander seeds.

Recipe

Ingredients (2 people)

- brown rice (140 g)
- 1 tablespoon extra virgin olive oil
- ½ ripe avocado (pulp 100 g)
- One slice of shallot (10 g)
- 280-300 ml of vegetable broth (prepared with 1 litre of water, 1 carrot, 1 courgette, 1 celery stalk)
- Basil (5 g)
- Mint (5 g)
- 1 teaspoon coriander seeds (1 g)
- Salt



Preparation:

Soak the rice two hours before cooking. Peel and chop the avocado and set aside.

In a wok, heat the Evo oil and shallot, then add the rice and let it toast for a few minutes. Add the avocado in pieces and let it go for a couple of minutes, taking care to stir and mix well. Season with salt. Add all the stock together and mix well.

Cover and let go over low heat for about 30-40 minutes, stirring well and adding more broth if necessary. At the end of cooking, add the coriander and when the heat is off, chop the basil and mint and add them to the dish.

Nutritional Values for the recipe (approx. 260g of product):

	Kcal	Proteins g	Carbs g	Sugars g	Fats g	Saturated g	Mono- Unsaturated g	Poly- Unsaturated g	Fibers g
Rice	518	11,1	108	1,2	4	0,8	1,5	1,5	5
Extra Virgin Olive Oil	132	–	–	–	15	2,82	11	1,6	–
Avocado	160	2	8,5	0,66	15	2,1	10	1,8	6,7
Shallot	7,2	0,25	1,68	0,78	0,01	0,0017	0,0014	0,0039	0,3
Vegetable broth	156	33	6	–	–	–	–	–	–
Basil	1,2	0,15	0,13	0,015	0,03	0,002	0,004	0,019	0,128
Mint	14,25	1	2,60	–	0,3	0,08	0,01	0,16	1,5
Coriander seeds	2,98	0,12	0,5	–	0,18	0,009	0,1	0,017	0,42
Total	991,6	47,62	127,41	2,65	34,52	5,81	22,61	5,1	14,04

Nutritional Values per portion (approx. 130g of product):

Kcal	Proteins g	Carbs g	Sugars g	Fats g	Saturated g	Mono- Unsaturated g	Poly- Unsaturated g	Fibers g
495,8	23,81	63,7	1,32	17,26	2,9	11,3	2,55	7,02

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The diet advises, written in the article, are not intended to be a substitute for a personal nutrition plan and should be adapted to specific cases.

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