

Featured California Avocado Recipes for Spring

This edition of *From the Grove* features two recipes that are perfect for spring: *Green Curry with Spring Vegetables and California Avocado*, and *Shrimp, California Avocado and Rice Noodle Spring Rolls*. These Asian-inspired dishes encourage usage of avocados that goes beyond guacamole and other traditional recipes and are timely for the start of California avocado season. Both were developed for the California Avocado Commission by influencers and are well-rated on CaliforniaAvocado.com.

The website provides information about California avocados beyond recipes, including availability and where to find them, grower information and key differentiating messaging. The featured recipes mention that California avocados are locally grown, sustainably farmed and ethically sourced. 🥑

Shrimp, California Avocado and Rice Noodle Spring Rolls

These fresh, delicious spring rolls feature tasty shrimp, creamy California Avocados, crisp red bell peppers and rice noodles. Serve them whole as an entree for lunch or dinner or cut them in half for appetizers.

Serves: 16

Time: 30 minutes

Ingredients:

- 1 (4-oz.) package rice noodles
- ¼ lb. large shrimp, peeled and deveined
- 16 rice noodle spring roll wrappers
- 1 ripe, Fresh California Avocado, seeded, peeled and thinly sliced
- 1 red bell pepper, thinly sliced and cut in half
- 8 large basil leaves, thinly sliced

Instructions:

1. Cook the rice noodles according to package instructions. Drain and rinse in cold water. Using kitchen shears, cut the noodles into small pieces.
2. Set a medium saucepan of water of high heat and bring the water to a boil. Add the shrimp and cook until the shrimp are just cooked through, 60 to 90 seconds. Drain and immediately transfer to a bowl of ice water to stop the shrimp from cooking further. Drain and cut the shrimp in half lengthwise.
3. Fill a shallow baking dish with hot water. Working with one spring roll wrapper at a time, soak the wrapper in the hot water until soft. Place the wrapper on a cutting board.
4. Lay one shrimp half, one slice of avocado, 1/4 cup of the noodles, two bell pepper half slices and a sprinkling of basil into the middle of the wrapper.
5. Fold in the sides and roll tightly. Repeat with remaining wrappers and ingredients. Serve with soy sauce or a store-bought gyoza sauce.



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Green Curry with Spring Vegetables and California Avocado

This creative take on a Thai-inspired rice noodle bowl, made with fresh spring vegetables and California avocados, is sweet with a little bit of heat!

Serves: 4

Time: 45 minutes

Ingredients:

- 1 (14-oz.) pkg. rice noodles (white, brown or red)
- 2 tsp. coconut oil or vegetable oil
- 4 large scallions, finely sliced
- 1 Tbsp. ginger, finely chopped
- 2 cloves garlic, finely chopped
- 1/8 tsp. sea salt, to taste
- 1 to 2 Tbsp. Thai green curry paste
- 1 cup chicken or vegetable broth
- 1 tsp. coconut sugar
- 2 medium sweet potatoes, cut into 1-inch pieces
- 1 (14-oz.) can full fat coconut milk
- 2 cups packed baby bok choy, broccolini, kale, spinach or other greens of your choice
- 1 tsp. rice vinegar or lime juice
- 1 tsp. tamari or soy sauce
- 2 ripe, Fresh California Avocados, seeded, peeled and thinly sliced
- 1 to 2 cups cucumber or radish, thinly sliced
- 1 lime, cut in wedges
- Cilantro, Thai basil, mint or more scallions, to taste



Instructions:

1. Soak the rice noodles in water while you prepare the curry (at least 30 minutes).
2. Meanwhile, in a large deep skillet, add the oil and cook half the scallions, the ginger and garlic until fragrant and soft, stirring frequently, about 5 minutes.
3. Add the broth and curry paste and whisk together.
4. Add the sweet potatoes and continue cooking over medium heat until the sweet potatoes are steamed and soft, about 15 minutes.
5. Stir in the coconut milk, along with the sugar. Add in the greens and simmer until bright green, 3 to 5 minutes.
6. Drain the rice noodles well (or drain and pat dry) and stir into the curry. Season with vinegar or lime juice, and soy. Taste and adjust seasoning to your liking.
7. Divide the noodles and curry between four bowls and top with avocado, cucumber, radish, lime and herbs. Serve warm, or at room temperature, with more lime for squeezing over the top.

Serving Suggestion: Add some chopped chicken breast, or protein of your choice, to create a heartier meal

Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.