

# Clearspring

## Amazing Avocado

Introducing the newest addition to the  
Clearspring Organic First Cold Pressed Oils range

Bring a burst of fresh flavour to your food with the new **Organic Avocado Oil** from Clearspring. Smooth, with a soft, nutty flavour and a subtle aroma that enhances the natural flavours of food without overpowering, 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**

RSP: £6.99 for 250ml

All available in independent health food stores and selected multiple retailers.

Please see <http://www.clearspring.co.uk/stockists> for our total distributor network.

First released June 2009

Updated January 2011

Prices accurate as of January 2011



### Ends ###

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on [margreet@clearspring.co.uk](mailto:margreet@clearspring.co.uk) or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

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## Penne Pasta with Roasted Butternut Squash and Avocado Oil



### Ingredients (Serves 4)

- 380g Clearspring Organic Italian Semi Whole Spelt OR Semi Wholewheat penne
- ½ butternut squash, cut into bite-sized pieces
- 2 cloves garlic, crushed
- 2 tbsp lemon juice
- 2 tsp lemon zest
- 6 tbsp Clearspring Organic Avocado Oil
- 40g spinach
- 1 tbsp chopped sage

### Method

1. Preheat the oven to 180C/gas 4, put the butternut squash onto a baking tray with a little avocado oil and seasoning. Roast until soft - 15-20 minutes.
2. Meanwhile cook the penne in boiling, salted water following the pack instructions.
3. 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.
4. 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.

Chef: Celia Plender

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