

Salmon, Avocado and Eggs



Serves	Prep Time	Cooking	Total Time	Calories
1 person				344 kcal

Stuff that's in it:

- 45G Avocado (Sliced)
- 50G Smoked Salmon Slices
- 2 Eggs
- 100G Mushrooms (Sliced)
- 30G Cherry Tomatoes (Quartered)
- 20G Spinach (Chopped)

What you do:

Take 2 pans (non stick) add the eggs to 1 and scramble and gently beat, dont Leave alone, keep stirring gently until it starts to bind, take off the heat before it's cooked as it will keep cooking once the pan is hot.

In another pan add the mushrooms and heat, you can add a thumb of oil or a splash of water to steam, cook for 2 minutes then chick the tomatoes In, after another 2 minutes remove.

Add salt and pepper to the shredded spinach and add to your plate/bowl, add the eggs, mushrooms and tomatoes and place the salmon on too, then slice the avocado and voila, pure heaven!

Nutrition

- Carbs: 5g

- Fat: 23g
- Protein: 28g

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