

Avocado and Egg Smash

Calories: 119 kcal

Servings: 2

Time: 0 Mins

Ingredients

- 1.00 whole Avocado
- 10.00 g Coriander (fresh, chopped)
- 3.00 whole Eggs
- 1.00 clove Garlic
- 1.00 tsp Lemon Juice
- 0.50 tsp Olive Oil

Instructions

1. Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then put in cold water in the pot and cool).
2. Once cooled, peel and chop eggs into cubes and put in a bowl.
3. Press the garlic and add to the eggs.
4. Half the avocado, remove the stone and cut the avocado into cubes.
5. Place the avocado and coriander in the bowl. Drizzle with lemon juice and olive oil.
6. Season with salt and pepper, and gently mix.
7. Garnish with more coriander and serve.