

Asian Scrambled Eggs

Calories: 8 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 35.00 g Avocado
- 0.20 g Black Pepper (to taste)
- 10.00 g Coriander (fresh, chopped)
- 3.00 whole Eggs
- 1.00 tsp Sesame Seeds (black)
- 1.00 tsp Soy Sauce

Instructions

1. Separate the egg whites and yolks. Whisk the egg whites in with the chopped coriander and soy s
2. Using a non-stick pan, fry the egg whites until almost done. Take off the heat and add in the egg y stirring well for 30 seconds.
3. Chop avocado and serve with scrambled eggs. Garnish with sesame seeds and additional coriander. Season with pepper to serve.