

ASIAN SCRAMBLED EGGS



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
270 kcal
14g Fats
5g Carbs
19g Protein



WHAT YOU NEED

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- ¼ avocado
- ½ tsp. black sesame seeds, to serve

WHAT YOU NEED TO DO

Separate the egg yolks and whites. Mix the yolks with the soy sauce and chopped coriander.

On a dry non-stick pan, fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.

Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.

