

Brazilian Avocado Scramble

This Brazilian-inspired low-carb avocado scramble is a simple and delicious main dish. Perfect for lunch or dinner!



Main Dish

Brazilian

10 min

Total time

Easy

Difficulty

378

kcal / serving

Ingredients

- 1/2 avocado
- 2 large eggs
- 2 tablespoons olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Fresh parsley for garnish

Steps

- 1** - Cut the avocado in half and remove the pit. Mash the avocado in a bowl.
- 2** - In a separate bowl, whisk the eggs before adding them to the mashed avocado. Stir until fully incorporated.
- 3** - Heat the olive oil in a skillet over medium heat. Add the egg and avocado mixture and season with garlic powder, salt, and pepper.
- 4** - Cook the scramble, stirring frequently, until the eggs are fully cooked.
- 5** - Garnish with fresh parsley and serve!