



Zucchini, Mushroom & Egg Breakfast

1 serving
20 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 1/2 Zucchini (medium, sliced)
- 6 White Button Mushrooms (sliced)
- 2 Egg
- 1/2 cup Rocket
- 1/2 tsp Lemon Juice
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	205
Fat	12g
Saturated	4g
Carbs	7g
Sugar	5g
Protein	17g
Cholesterol	372mg
Sodium	451mg

Directions

- 1 Heat a pan over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 2 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 3 Add the rocket to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

Notes

- Leftovers,** Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.
- More Flavour,** Season the vegetables with chili flakes, cayenne, onion powder or garlic.
- Make it Vegan,** Omit the eggs and make a tofu scramble instead.