



# Stuffed avocado with turkey and eggs

20'  
Hands on

4  
Portion(s)

1  
Difficulty



## Ingredients

- 4 eggs
- salt
- pepper
- 2 tablespoon(s) olive oil
- 5 slices turkey, smoked
- 3 tablespoon(s) mizithra cheese
- 2 avocado(s)
- coriander
- lime zest, of 1 lime
- lime juice, of 1 lime
- 1/2 red bell pepper
- 1/2 teaspoon(s) chili flakes

To serve

- green salad
- coriander
- slices lime(s)

## Method

- Place a [pan](#) over heat and let it get hot.
- In a bowl, combine the eggs, salt and pepper. Add to pan.
- Cut the turkey into slices and add to pan.
- Remove the omelet from heat and add the mizithra in pieces. Lift up the one edge and make a roll.
- [Cut the avocados in half](#), remove the pits and use a knife to carefully score the flesh. Use a spoon to scoop out the flesh.
- Transfer to a bowl and add the finely chopped coriander, lime zest, lime juice, finely chopped red pepper, olive oil and chili flakes.
- Spread the mixed salad on a [chopping board](#) and place the empty avocado shells over it.
- Fill with mixture, cut the omelet into slices and add a slice over each avocado shell.
- Serve with coriander and lime wedges.

## Διατροφικός πίνακας

Nutrition information per portion

365 Calories (kcal)	29.0 Total Fat (g)	8.9 Saturated Fat (g)	3.4 Total Carbs (g)
18%	41%	45%	1%
1.6 Sugars (g)	20.0 Protein (g)	2.8 Fibre (g)	1.3 Sodium (g)
2%	40%	11%	22%