

A top-down view of a white ceramic bowl filled with a salad. The salad consists of diced avocado, hard-boiled egg slices, crumbled bacon, and diced red bell peppers. The bowl is placed on a white wooden surface. To the left of the bowl is a silver fork. In the background, a brown paper bag is partially visible. A semi-transparent white box with black text is overlaid on the top right of the bowl.

EGG, BACON & AVOCADO BOWL

www.studio35.nz

EGG, BACON & AVOCADO BOWL



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
378 kcal
32g Fats
14g Carbs
23g Protein



WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- 1/2 large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red capsicum, finely chopped
- sea salt and ground pepper, to taste

WHAT YOU NEED TO DO

Fry the bacon until crispy, let it cool slightly and chop.

Combine the bacon, eggs, avocado, onion and capsicum in a bowl.

Season with salt and pepper to serve.