

Low-carb Grilled Mushroom Sandwich with Spicy Egg Fry



Begin your day with lemony-spicy-guacamole stuffed in between grilled mushrooms and topped with a crisp fried egg with an oozing yolk.

Ingredients for 2 serving (US/Metric)

- 3 pieces Portobello mushroom, average size
- 1 pieces Avocado
- 6 tsp Lime juice
- 1.5 tbsp Olive oil
- 3 pieces Eggs
- Dried chilli
- Kosher Salt

Nutrition (US/Metric)

- **Protein:** 16%
- **Fat:** 77%
- **Net carbs:** 6%

Instructions

1. Prep the mushrooms by cleaning and removing large stems.
2. Ready the grill by preheating it. Meanwhile, coat all the mushrooms with olive oil (1Tbsp) and salt. Grill the mushrooms (place top-side down) for 7-10 minutes till soft.
3. Fry the eggs in a pan with olive oil (1Tbsp) over medium heat.
4. In a mixing bowl, add the avocado (peeled & diced), lime juice, olive oil (½Tbsp), chili flakes, and a dash of salt! Make a chunky guacamole paste by mashing all the ingredients roughly!
5. When assembling, make a sandwich by putting the guacamole evenly between 2 grilled mushrooms. Place a fried egg with some chili flake seasoning on top of each mushroom sandwich.