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Ham Egg and Avocado

A versatile pan-fried meal or snack

Apart from the eggs, alternative ingredients can be used; but any meat should be pre-cooked. I used a couple of thin slices of ham cut in small squares.

- 1 cup chopped ham
- 1 avocado, coarsely chopped
- milk
- 2 eggs, beaten
- 1 rounded Tbsp olive oil, or other
- Salt and pepper (optional)



Beat the eggs in separate bowls with a little milk, plus a shake of salt and pepper if using.

Cut the ham and mix it in a bowl of beaten egg. Leave cutting the avocado until the next stage is completed.

Line a frying pan with baking paper (see Handy Hints HH54 Frying with Paper), pour in the oil and spread evenly with a spatula or slice. Warm this over a low-medium heat before tipping in the ham/egg mix. Stir this continuously to scramble the beaten egg to the point where it is starting to set, yet is still moist not dry. Remove from the heat and coax the scrambled mixture away from the side of the pan slightly.

Now peel and coarsely chop the avocado, place evenly over the ham mix, then gently pour on the other beaten egg. Return to a low heat, cover the pan and cook until the egg is set.

Serves 2 with chips and/or salad

Tip: can be topped with grated cheese that is allowed to melt just prior to serving.

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