

Savory Scrambled Eggs with Sautéed Mushrooms, Broccoli & Avocado: Low-Carb Breakfast

Kickstart your day with a breakfast that's as wholesome as it is delicious! This



TIME
4-5 min

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INGREDIENTS

- 2 large eggs
- Salt and black pepper to taste
- 1 teaspoon olive oil or butter for cooking
- $\frac{1}{2}$ cup sliced mushrooms (white button or cremini)
- $\frac{1}{2}$ cup chopped broccoli florets
- 1 teaspoon olive oil (for sautéing)
- $\frac{1}{2}$ avocado, sliced

DIRECTIONS

- 1. Sauté the Vegetables:** In a medium-sized skillet, heat 1 teaspoon of olive oil over medium heat. Add the sliced mushrooms and chopped broccoli florets. Sauté for 4-5 minutes, or until the vegetables are softened and slightly tender-crisp, stirring occasionally. Season them with salt and black pepper to taste while they cook.
- 2. Scramble the Eggs:** While the vegetables are cooking, whisk the 2 large eggs in a small bowl with a pinch of salt and black pepper until well combined and slightly frothy. In another small, non-stick pan, heat 1 teaspoon of olive oil or butter over medium heat. Pour the whisked eggs into the hot pan. Stir gently with a spatula to scramble, cooking for 2-3 minutes until they are set but still soft and fluffy. Don't overcook them, or they'll become rubbery!
- 3. Combine and Plate:** Once the vegetables are cooked to your liking, transfer them to a serving plate. Top the sautéed vegetables with the fluffy scrambled eggs.
- 4. Serve with Avocado:** Artfully arrange the sliced avocado on top of the eggs and vegetables, or place them on the side for a creamy, healthy fat addition.
- 5. Enjoy this low-carb, protein-filled breakfast to satisfy you all morning!**

SWAPS & NOTES

Eggs: For a richer scramble, you can add a tablespoon of milk or cream to the eggs before whisking.

Vegetables: Feel free to swap or add other quick-cooking vegetables like spinach, bell peppers, zucchini, or cherry tomatoes .

Oil/Butter: Both olive oil and butter work well for cooking the eggs and sautéing the vegetables, adding their own distinct

flavors.

Seasoning: Adjust the salt and pepper to your taste.

TIPS FOR SUCCESS

Don't Overcook Eggs: Scrambled eggs are best when cooked just until set but still moist and creamy.

Preheat Pans: Ensure your pans are properly preheated before adding oil and ingredients to prevent sticking and ensure even cooking.

Fresh Ingredients: Using fresh mushrooms and vibrant broccoli will yield the best flavor and texture.

Season as You Go: Seasoning the vegetables and eggs separately ensures balanced flavor throughout the dish.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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