



This Keto Chorizo, Cheddar and Avocado Omelette is an excellent start to any day. And even better served with a cup of Keto Coffee.

Servings - 2

Prep Time - 10 Mins | Cook Time - 8 Mins | Total Time -18 Mins

Difficulty - Easy



Cuisine - Persian/Iranian

RECIPE

KETO CHORIZO, CHEDDAR & AVOCADO OMELETTE

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Turner Spatula](#)

[Non Stick Large Saucepan](#)

[Serving Dish](#)

[Medium Sharp Knife](#)

INGREDIENTS

2 Large Eggs

1/4 Cup and 1 Tbsp fresh Basil, chopped into strips

2 Tbsp White Onion, finely chopped

[2 Tbsp Double/Heavy Cream](#)

[60 g Chorizo Iberico de Bellota](#)

[1/2 Cup Mild Cheddar Cheese, grated](#)

[1/4 Tsp Himalayan Salt \(Ground\)](#)

[1/4 Tsp White Pepper \(ground\)](#)

Topping

1 Tablespoon Sour Cream

1/2 cup of diced Avocado

[1 Slice of Streaky Bacon, rindless](#)

METHOD

Slice the bacon cut into thin strips and fried until fairly crispy then put the bacon in a bowl and set aside. Cut the Chorizo into approx 1 mm slices and fry in butter over medium heat in a heavy skillet. Still constantly as Chorizo cooks quite quickly. When cooked, add the chorizo to the bacon.

In a medium bowl, whisk eggs, add the 1/4 cup basil, double cream, and chopped onion and stir. Heat the butter in a non-stick pan at low to medium heat until it bubbles, making sure it does not brown. Pour in the egg mixture. Flip omelette when firm enough. Sprinkle the cheese evenly and cook for a few minutes.

Remove from heat and place on a plate.

Slice the Chorizo approx 1 mm thick and add to half of the avocado and spread evenly on the omelette. Fold the omelette over and place on a plate.

Put sour cream, diced avocado, bacon and diced basil on the side.

Serve immediately.

STORAGE

Omelette will keep in an airtight container for up to 4 days in the fridge.

NUTRITION FACTS

Per serving : 217 g | Calories 505 | Protein 25.1 g | Fat 41.6 g | Carbs 8.7 g | Fiber 3 g

Net Carbs : 5.7 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE

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