# Protein-Packed Avocado Egg Plate

*Two perfectly hard-boiled eggs paired with creamy fresh avocado slices for a satisfying low-carb, high-protein meal.*

**Servings:** 2 **Time:** 20 minutes

## Ingredients

- 2 large eggs
- 1 medium avocado
- Salt to taste
- Freshly ground black pepper to taste
- 1 tsp lemon juice
- Optional: pinch of red pepper flakes

## Instructions

1. Place eggs in a saucepan and cover with cold water by about 1 inch.
2. Bring water to a boil over medium-high heat.
3. Once boiling, cover the saucepan, turn off the heat, and let the eggs sit for 12 minutes.
4. Drain the hot water and place eggs in a bowl of ice water for 5 minutes to cool.
5. Peel the eggs and slice in half lengthwise.
6. Cut the avocado in half, remove the pit, and thinly slice the flesh.
7. Arrange the egg halves and avocado slices on a plate.
8. Sprinkle salt, pepper, and lemon juice over the avocado and eggs.
9. Add a pinch of red pepper flakes if desired for a subtle kick.
10. Serve immediately.

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