

Scrambled Eggs & Smoked Salmon

Feels like a hotel breakfast, takes five minutes.

Serves 1

Prep 5 min

Cook 5 min

1g
CARBS
PER SERVING

Everything in the list.

You'll need

- ☐ 3 eggs
- ☐ 1 tbsp butter (about 15g)
- ☐ 1 tbsp double cream
- ☐ 50g smoked salmon
- ☐ A few chives, snipped (optional)
- ☐ Black pepper, to taste

Method

- 1** Crack the eggs into a bowl, add the cream and a grind of pepper, and whisk with a fork.
- 2** Melt the butter in a non-stick pan on a low heat.
- 3** Pour in the eggs and stir slowly with a spatula, scraping the bottom, for 2 to 3 minutes.
- 4** Take the pan off the heat while the eggs are still a little wet. They finish cooking in the pan.
- 5** Spoon onto a plate, lay the smoked salmon alongside and scatter over the chives.

TIP

Low and slow makes soft, creamy eggs. High heat makes rubbery ones.

SWAPS

- Ham or crispy bacon instead of smoked salmon.
- A handful of spinach stirred in at the end.

STORING IT

Best eaten straight away. Keep opened smoked salmon in the fridge and use it by the date on the pack.

FOOD SAFETY

Smoked salmon is ready to eat. If you're pregnant, NHS advice is to avoid cold-smoked fish unless it's cooked until steaming hot, so use ham or bacon instead.