

BREAKFAST
Exclusive Recipe

Scrambled Eggs with Salmon

These scrambled eggs with hot-smoked salmon take breakfast to the next level, for days when you need something filling, healthy and tasty.

Serves 2

Drizzle olive oil
4 eggs, beaten
3tbsp skimmed milk
200g hot-smoked salmon fillets,
flaked
2tbsp snipped fresh chives, plus
extra to garnish
2 slices brown nutty bread
Fresh flatleaf parsley sprigs, to
garnish



- Drizzle a little olive oil in a non-stick frying pan. Mix the eggs and milk, add to the pan and cook over a medium heat for 2 min, stirring, until the eggs are part cooked. Add the salmon and snipped chives, season with freshly ground black pepper and continue to cook until the eggs are cooked but still a little wet. Remove from the heat and leave in the pan for 1 min.
- Meanwhile toast the bread and cut each slice in half. Serve with the scrambled eggs, garnished with the remaining chives and the parsley sprigs.

Use a sprinkle of LoSalt if desired.