

# Herb Omelettes Smoked Fish and Wilted Spinach



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★★★★

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A light and easy breakfast, on the table in less than 30 minutes.



## Ingredients

- 4 eggs, at room temperature
- 1 tbs reduced fat milk
- 1/2 cup flat-leaf parsley leaves, finely chopped
- 1/3 cup finely chopped chives
- 1/3 cup finely chopped dill
- Cooking oil spray

- 75g baby spinach leaves
- 150g flaked smoked salmon or trout
- Light sour cream & lemon zest, to serve

## Method

1. Combine eggs, milk, parsley, chives and dill in a large jug. Season and whisk until just combined.
2. Heat a medium (about 24cm) non-stick frying pan over medium heat. Spray with oil to grease. Pour quarter of egg mixture into the pan, tilt pan and allow eggs to just set, then flip omelette over and cook until just set. Fold into quarters and transfer to tray lined with baking paper. Cover loosely with foil and keep warm. Repeat to make three more omelettes.
3. Grease a small non-stick frying pan with oil spray and heat over medium-high heat. Add spinach and cook, tossing often, until leaves just wilt.
4. Slide warm omelettes onto serving plates. Top with wilted spinach and salmon or trout. Top with a dollop of sour cream and a sprinkling of lemon zest and serve.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>245g</b>	<b>1370</b> kj <b>327</b> kcal	<b>31.7g</b>	<b>21.2g</b>	<b>5.9g</b>	<b>1.5g</b>	<b>1.4g</b>	<b>945mg</b>	<b>2.6g</b>
Vitamin D								
<b>8.4µg</b>								

All nutrition values are per serve.