

# Scrambled Egg and Salmon Bagels



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

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Smoked salmon is becoming increasingly popular as a breakfast option so this easy scrambled eggs paired with salmon on a lightly toasted bagel is the perfect combination – delicious!



## Ingredients

- 6 eggs, at room temperature
- 1/3 cup milk
- 2 tbsp finely chopped chives
- 4 fresh plain bagels, split
- 2 tbsp butter, chopped
- 1/3 cup light spreadable cream cheese

- 100g sliced smoked salmon
- Lemon wedges, to serve

Method

1. Whisk eggs, milk and chives in a bowl until well combined. Set aside for a few minutes to allow foam to settle. Meanwhile, toast bagels to your liking.
2. Heat a medium non-stick frying pan over medium heat. Add butter, melt and swirl to coat pan base.
3. Add egg mixture and cook without stirring for 30 seconds. Using a wide spatula, push the set eggs around outer edge toward the centre of the pan, tilting the pan to allow the uncooked egg to run over the base. Gently push eggs around pan every 15 seconds until soft folds form and one quarter mixture is unset. Remove from heat. Gently fold the egg mixture once more.
4. Spread toasted bagels with cream cheese. Top with smoked salmon and scrambled eggs. Season to taste. Serve with lemon wedges.

Notes

- For creamy scrambled eggs, substitute the milk for cream.
- Another tip for light and fluffy scrambled eggs is using a spatula, gently pull the eggs from the edges of the pan into the centre. Turn and tilt the pan so the runny eggs take up the available space and again gently pull it towards the centre. This gentle pulling towards the centre of the pan makes lovely, light ribbons of egg.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (sugar)	Sodium	Fibre	Vitamin D
270g	2560kj 612kcal	31.1g	25.4g	11.7g	9g	1050mg	3.7g	6.3µg

All nutrition values are per serve.