

# Scrambled Egg, Mayo and Salmon rolls



Preparation time: 10 mins

Serves: 1 person

User Rating: ★★★★★

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Categories: Quick & Easy, Breakfast Recipes



## Ingredients

- 2 eggs
- Dash of milk
- Pepper, to taste
- 1 tsp mayonnaise
- 4 slices smoked salmon
- Parsley (chopped), to serve

## Method

1. Beat eggs, milk and pepper in a bowl and whisk.
2. Spray oil in a large non-stick frying pan over medium heat.
3. Pour in egg mixture. As eggs begin to set, gently pull them across the pan with a turner, forming large soft curds. Continue cooking –

- pulling, lifting and folding eggs – until thickened. Once all the egg has thickened, remove from heat. Spoon into a bowl.
4. Add mayonnaise and stir to combine.
5. When cooled place spooned egg onto salmon slices, wrap, poke with a toothpick and top with parsley.

Notes

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Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
216g	1570kj 375kcal	39.2g	23.9g	5g	0.9g	0.8g	1210mg	0.1g
Vitamin D								
11µg								

All nutrition values are per serve.