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

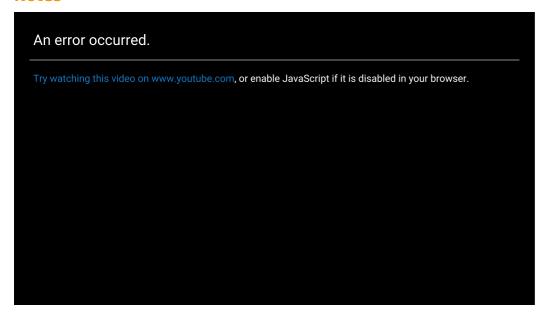
Method

- 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



Need some more help. Watch the Video Here

Want to know how to make perfect scrambled eggs, every time? Discover our $\underline{\mathsf{easy}}$ $\underline{\mathsf{scrambled}}$ $\underline{\mathsf{eggs}}$ $\underline{\mathsf{recipe}}$ $\underline{\mathsf{today!}}$

Nutritional Information

Serving size Energy Protein Total fat Saturated fat Carbs (total) Carbs (sugar) Sodium Fibre 216g 1570kJ 39.2g 23.9g 5g 0.9g 0.8g 1210mg 0.1g

Vitamin D 11µg

All nutrition values are per serve.