

Smoked Salmon and Feta Omelette



Preparation time: 10 mins

Serves: 1 person

User Rating: ★★★★★

Publication: 2 February 2022

Categories: Quick & Easy, TikTok Recipes, Dinner Recipes, Breakfast Recipes, Lunch Recipes, Meals for One

This tasty omelette is easy to make and is ready in less than 10 minutes. Great for breakfast, lunch, or dinner - this low-calorie, high protein omelette will help you stay fit and feel fuller for longer.



Ingredients

- 20g feta cheese (crumbled)
- 50g smoked salmon
- 2 eggs
- 1g fresh dill (finely chopped, divided)

Method

- 1. Crack two eggs into a bowl.
- 2. Rip up fresh dill and add to the bowl, then whisk well.
- 3. Add the mix to a non-stick pan over a medium heat and cook for 3-5 minutes.
- 4. Sprinkle over the fetta then roll the omelette.
- 5. Serve with another sprinkle of dill and top with smoked salmon.

Nutritional Information

Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
1447.67kj 346kcal	36g	22.1g	6.1g	1.7g	1.2g

All nutrition values are per serve.