

Smoked Salmon and Scrambled Egg Parcel



Preparation time: 5 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Breakfast Recipes, Lunch Recipes



Ingredients

- 4 eggs
- 1.5 tbsp reduced-fat cream
- 2 – 4 large smoked salmon slices
- 1 lemon wedge
- 4 sprigs dill, chopped – keep some whole for garnish
- 4 slices wholegrain bread, toasted
- Pepper to taste
- Wilted spinach or garden salad to serve

Method

1. Line two large ramekins with plastic wrap, squeeze a little lemon juice on top, and place the smoked salmon into the ramekins, covering the base and have the salmon hanging over the edges. Sprinkle with chopped chives.
2. Whisk the eggs, cream, and seasoning together in a bowl.
3. Heat a non-stick frying pan and cook the eggs over low heat, stirring regularly until cooked to your liking.
4. Place eggs into the ramekins and fold smoked salmon over the edges to make a parcel.
5. Turn parcels onto plates, remove the plastic wrap and garnish with sprigs of dill. Serve with hot toast.

Notes

Serve with wilted spinach for breakfast or with a fresh garden salad for lunch.

Want to know how to make perfect scrambled eggs, every time? Discover our [easy scrambled eggs recipe](#) today!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
104g	769 kj 184 kcal	14.7g	7.2g	2g	13.6g	2g	450mg	2.2g

All nutrition values are per serve.