

Smoked Salmon, Feta & Asparagus Omelette

Ingredients

- ✓ 4 oz. (125g) asparagus
- ✓ 1 tsp. coconut oil
- ✓ 3 large eggs
- ✓ 5 tbsp. (70ml) milk, plant or dairy
- ✓ 2 oz. (60g) smoked salmon, cut into pieces
- ✓ 1/4 cup (30g) feta cheese (or brie, camembert), cubed
- ✓ 4-5 cherry tomatoes, halved
- ✓ dill, to serve



Procedure

1. Wash the asparagus, break off the hard ends and discard (they will break themselves in the right place). Cut the softer stalks diagonally to about 1/2 cm pieces.
2. Boil in lightly salted water for about 2 minutes, then strain and set aside.
3. In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.
4. Heat the oven to 180°C. Heat the oil in a pan (diameter of approx. 24cm) over medium heat, and pour in the egg mixture. Rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).
5. Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.
6. To serve sprinkle with fresh dill and season with freshly ground black pepper.

Serves 2

Preparation/Cook Time and Macros Breakdown

Prep	Cook	Calories	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	302	21	6	20