



Scrambled eggs with salmon

10'
Hands on

2
Portion(s)

1
Difficulty



Ingredients

For the eggs

- 75 g heavy cream 35%
- 4 eggs
- 1 tablespoon(s) butter
- salt
- pepper
- 1/2 bunch chives, finely chopped

To assemble

- 150 g salmon, smoked, sliced

To serve

- bread, brioche
- pepper, freshly
- 1 tablespoon(s) olive oil

Method

- Heat the heavy cream in a **pan** over low heat.
- Crack the eggs in a **bowl**. Season with salt and pepper. Lightly whisk with a fork or whisk.
- When the cream starts to bubble, add the eggs and stir with a wooden spoon or a spatula for the first 2 minutes, until the mixture thickens slightly. Be careful not to overcook them. You want them to look slightly undercooked when you take the pan off the heat.
- When ready, remove from heat and add the butter and chives. Stir until the butter melts.
- Add the salmon, sprinkle with some chives, freshly ground pepper and drizzle with some extra virgin olive oil.
- Serve with some slices of toasted brioche bread.

Διατροφικός πίνακας

Nutrition information per portion

473 Calories (kcal)	37.0 Total Fat (g)	17.0 Saturated Fat (g)	1.6 Total Carbs (g)
24%	53%	85%	1%
1.6 Sugars (g)	32.0 Protein (g)	1.9 Fibre (g)	2.9 Sodium (g)
2%	64%	8%	48%