



Omelet rolls

20'
Hands on

6'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 5 eggs, medium
- 1 tablespoon(s) mirin
- 1 tablespoon(s) soy sauce, reduced salt
- pepper
- 2 tablespoon(s) olive oil
- 100 g light cream cheese
- 100 g spinach
- 1 tablespoon(s) chives, finely chopped
- 50 g salmon, smoked
- rocket, the leaves, to serve

Διατροφικός πίνακας

Nutrition information per portion

218 Calories (kcal)	16.0 Total Fat (g)	4.9 Saturated Fat (g)	3.6 Total Carbs (g)
11%	23%	25%	1%
2.6 Sugars (g)	15.0 Protein (g)	1.0 Fibre (g)	1.4 Sodium (g)
3%	30%	4%	23%

Method

- In a **bowl**, whisk the eggs, mirin, soy sauce and pepper.
- Slightly brush a 20 cm **non-stick pan** with olive oil and transfer over medium heat.
- Add 1/3 of the egg mixture to the pan and sauté for 1-2 minutes on each side until the omelet thickens.
- Continue the same process and make the omelets. You will have 3 omelets.
- Line up the three omelets, one next to other so that their surfaces overlap a little bit.
- Spread the cream cheese over the omelets with a **spatula**. Cover with the spinach, chive and salmon.
- Roll from the short side forming a big roll. **Cut** each omelet creating small rolls and **serve** with rocket leaves.