

Smoked Salmon & Rye Omelette



Serves 2 Prep 5 mins

Cooking 9 mins

Easy

Ingredients

2 thick slices of rye bread
olive oil
4 medium free-range eggs
160g baby spinach
100g smoked salmon, from sustainable sources
½ a lemon
2 heaped tablespoon cottage cheese (30g)
a few chives

1. Put a large non-stick frying pan on a medium-high heat, finely crumble in the rye bread and sprinkle with olive oil. Add some black pepper and cook until crispy, while you whisk the eggs together in a bowl. Spoon out half the crispy crumbs for garnish, leaving the rest in the pan.
2. Add the spinach to the pan, stir until wilted, then turn the heat off. Pour in the beaten eggs and gently swirl to cover the base – cook a few minutes more to set the eggs. Tear over the salmon, finely grate over the lemon zest, sprinkle over the reserved crumbs and dot over the cottage cheese.
3. Finely chop and scatter over the chives, then slide the omelette on to your plate and roll it up. Serve with a wedge of lemon