

Smoked Trout & Gruyère Omelette



Serves 2

Prep 5 mins

Cooking 15 mins

Easy

Ingredients

butter
2 spring onions, sliced
4 eggs, beaten
120g hot-smoked trout, broken into chunks
4 tbsp ready-made four-cheese sauce
15g gruyère, finely grated
1 tbsp chives or chopped
dressed salad leaves to serve

1. Heat the grill. Melt a knob of butter in a medium, non-stick frying pan, add the spring onions and cook for 3-4 minutes.
2. Add the eggs, leave to set a little, then draw in the sides of the omelette so that any uncooked egg spills over and sets around the side.
3. Cook until the top is almost set, then add the trout.
4. Spoon over the sauce and spread around so that it covers the fish. Sprinkle over the cheese and grill until lightly golden and bubbling.
5. Scatter over the chives and serve with the rocket.