

## SMOKED SALMON, FETA & ASPARAGUS OMELETTE



Serves: 2 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 302 kcal 21g Fats 6g Carbs 20g Protein

## WHAT YOU NEED

- 125g asparagus or green beans
- 1 tsp. coconut oil
- 3 large eggs
- 5 tbsp. (70ml) milk, plant or dairy
- 60g smoked salmon, cut into pieces
- ¼ cup (30g) feta cheese (or brie, camembert), cubed
- 4-5 cherry tomatoes, halved
- dill, to serve













## **PRO TIP:**

The length of time in the oven will depend on the size of pan and thickness of the egg mixture.

## WHAT YOU NEED TO DO

Wash the asparagus, break off the hard ends the discard (they will break themselves in the right place). Cut the softer stalks diagonally to about 1/2 cm pieces. Or use green beans.

Boil in lightly salted water for about 2 minutes, then strain and set aside.

In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus or green beans, salmon and cubed cheese, mix everything well.

Heat the oven to 180C. Heat the oil in a pan (diameter of approx. 24 cm) over medium heat, and pour in the egg mixture, rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).

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.

To serve, sprinkle with fresh dill and season with freshly ground black pepper.