



Omelette Wrap with Salmon & Avocado

If you like a warm savoury breakfast but bored with your usual bacon and eggs then this is worth a try. It's a large breakfast or one to shared or maybe a brunch or light lunch? You can even make it and take it to work to eat later.

Serves: 1, Prep time: 00:05, Cook time: 00:10

Instructions

Crack the eggs into a mixing bowl with a pinch of salt and pepper and beat them well with a whisk or fork.

Mix the cream cheese with chopped chives. Slice the smoked salmon, peel and slice the avocado.

Pour the eggs evenly in a hot pan with butter. Cook over a medium-low heat. Don't rush it and don't try to cook it fast or the omelet will end up being too crispy and dry.

Use a spatula to bring in the egg from the sides towards to centre for the first 30 seconds. Cook for another minute or two. Make sure you don't cook the omelet for too long. The desired texture should be soft, fluffy and not too juicy.

Ingredients

- 3 Eggs, large
- 100 grams Avocado (3.5 oz)
- 2 tablespoon Cream cheese, Heaped
- 50 grams Salmon, flesh, smoked (2 oz)
- 2 tablespoon Chives, Chopped
- 15 grams Spring Onion (0.5 oz)
- 1 tablespoon Butter, unsalted
- 1 pinch or to taste S&P, To taste

Slide the omelet onto a plate and spoon the cheese spread all over

Add the salmon, avocado, chopped spring onion and fold into a wrap.

Serve immediately or store in the fridge for up to a day.

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