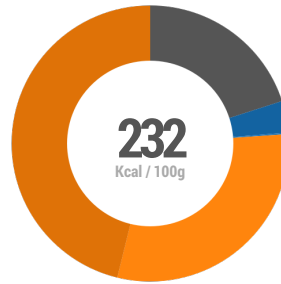


Smoked Salmon with Scrambled Eggs

Smoked salmon with scrambled eggs and chives

By Mark Irish from Brakes

Overview ...



CALORIES:

3.9% Carbs

20% Protein

76.1% Fat

Food Labelling...

Serves 1

CONTAINS:



EGGS



MILK



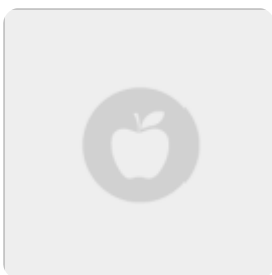
FISH

Recipe Ingredients ...

	Quantity:	Description:
120586 Millac Gold Double 1ltr - BRAKES	40g	
6462 Brakes Skimmed Milk Powder - BRAKES	5g	
74827 Salted Butter - BRAKES	20g	
126234 Smoked Salmon Trimmings 250g - BRAKES	50g	
113880 Premium Large Chives Bunch - BRAKES	1g	
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	111g	2x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

227g / 528kcal

1

Cooking Instructions & Notes

Preparation:

Crack the eggs into a jug, add the cream & milk powder - mix
Remove back fat from the smoked salmon, cut into thin strips
Chopped the chives

Method:

1. Melt the butter in a pan
2. Add the egg mix and smoked salmon strips and cook until core temp is achieved - season to taste
3. Serve on a plate and top with chopped chives