



Scrambled eggs with smoked salmon

By incorporating 1 whole egg and 2 further egg whites, you are eradicating a large percentage of the fat from your meal, therefore making this dish great for weight loss and also in order to maintain your current weight.

Ingredients

- 3 eggs
- 100g smoked salmon, torn into pieces



Serves 1

Method



1. Beat 1 whole egg and 2 egg whites in a bowl, then cook in a non-stick frying pan
2. When done, turn off the heat and top with the smoked salmon
3. Serve immediately

The Grange
Welford Road

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