

# Recipe

## Title Delicious Scrambled Eggs with Salmon

### Ingredients

3 egg whites  
1 yolk  
1 tsp olive oil  
100 grams  
cooked salmon,  
cut into thin  
slices Parsley  
leaves, to garnish  
2 tsp lemon juice  
Salt and pepper

### Nutrition

355 Calories

### Method

1. Beat together the eggs with seasoning for 1-2 minutes.
2. Dress the salmon slices with the lemon juice and arrange on serving plates, leaving the centre free for the scrambled eggs.
3. Warm the oil in a large saucepan over medium heat and add the eggs. Stir as the egg sets to break up the texture. Once just set, spoon into the centre of the prepared plates and garnish with fresh parsley.
4. Serve and enjoy!