

Creamy salmon frittata



80g cooked salmon fillet
3 eggs
a pinch of sea salt and ground black pepper
2 spring onions, finely chopped
30g crème fraîche (use dairy free plain yoghurt if preferred)
a few sprigs of fresh dill, finely chopped
30g Cheddar cheese, grated (use dairy free if preferred)

SERVES 2



Preheat oven to 180°C/350°F. Grease an 15x15cm ovenproof dish with butter or coconut oil.

Whisk the eggs in a jug. Add the salt, pepper, spring onions, crème fraîche, dill and cheese and stir well.

Break the salmon up into bite-sized chunks. Place the chunks into the ovenproof dish.

Pour the egg mixture into the dish.

Bake for 15-20 minutes until golden and cooked throughout. Allow to stand for 5 minutes. Cut into 2 slices and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
376 Calories
2g Carbs
29g Protein
28g Fat