

INGREDIENTS FOR 1 SERVING OMELETTE

- 3 eggs
- 20g butter
- salt
- pepper
- 20g spinach leaves
- 10g roasted pine nuts
- 30g crumbled feta cheese
- 5g plucked dill
- 20g red onion rings
- 60g smoked salmon, sliced
- 1 wrap (28–30cm diameter)

WRAP WITH OMELETTE, SPINACH, FETA CHEESE, SMOKED SALMON AND DILL

PREPARATION

- 1. Crack open the eggs, whisk and season.
- 2. Heat a little butter in a non-stick pan until it becomes foamy.
- 3. Add the egg, spreading it evenly with a heat resistant spatula and cook over a moderate heat until firm.
- 4. Add the spinach leaves, pine nuts, feta cheese, dill and red onion rings.
- 5. Toast the wrap then arrange the cooked egg and the smoked salmon on top.
- 6. Roll the wrap up tightly, then cut in half or serve in one piece.