

Chive-baked egg with smoked salmon

Preparation time: 2 minutes

Serves: 1

Nutrition per serving:
300 kcal



Ingredients:

- 1 large egg
- 10g grated cheddar
- 1 tbsp chopped chives
- 70g smoked salmon
- Sliced tomato

Method:

1. Mix 1 large egg, 10g grated cheddar and 1 tbsp chopped chives in a large mug, and season. Microwave on high for 45 secs, stir, then microwave for another 30-45 secs until cooked through. Serve with 70g smoked salmon and a sliced tomato.