

A top-down view of a plate with an omelette wrap, salmon, and greens. The plate is grey with a white radial pattern and a copper rim. The wrap is filled with salmon, cheese, and herbs. A fork is placed horizontally across the bottom of the plate. A lemon wedge is in the top right, and two small green plants are on the left and right sides.

OMELETTE WRAPS

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OMELETTE WRAPS



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
237 kcal
15g Fats
3g Carbs
20g Protein



- 200g cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- ¼ cup milk (dairy or plant-based)
- 1 tsp mixed herbs
- 4 tsp coconut oil
- 100g smoked salmon, chopped

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.

Beat the eggs with the milk and herbs in a separate bowl.

Heat 1 tsp of oil in the medium size frying pan and fry 1/4 of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelette from the pan and set aside. Fry the other omelettes with the rest of the oil.

To serve, spread the cottage cheese paste over the omelettes and top with smoked salmon. Roll up the omelette as a wrap and cut in half.

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THIRTY FIVE

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