THE LIGHTER PLATE METHOD

# Salmon & Dill Frittata Muffins

Handheld baked omelettes flecked with salmon and sweet peas, great cold the next day.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **8 min** | **17 min** | **25 min** | **3** | **MEDIUM** |

## Ingredients

- 6 eggs
- 120 g hot-smoked salmon (flaked)
- 1 small handful fresh dill (chopped)
- 3 spring onions (sliced)
- 80 g frozen peas
- 1 tbsp olive oil (for greasing)

## Method

1. Heat the oven to 190°C / 170°C fan. Brush a six-hole muffin tin generously with oil.
2. Beat the eggs in a jug and season — go easy on the salt, as the salmon is already salty.
3. Divide the salmon, peas, spring onions and dill between the holes.
4. Pour the egg over, filling each hole about three-quarters full.
5. Bake for 15–17 minutes, until risen and just firm. Cool for 5 minutes before lifting out.

## Tips & swaps

- Grease the tin properly or use paper cases; egg sticks like nothing else. They keep three days in the fridge and are meant to be eaten cold.

## Storage & reheating

Keeps in the fridge for 3 days; eat cold.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **210** | **19g** | **4g** | **13g** | **2g** |

*Estimated values, for guidance only. Contains: Egg, Fish.*