KIKKOMAN

Air fryer smoked salmon & veg omelette

Total time **17 mins** **5 mins** preparation time **12 mins** cooking time

Nutritional facts (per portion):
1,218 kJ / 291 kcal

Fat: **16 g** Protein: **25 g**
Carbohydrates: **10 g**

INGREDIENTS

2 portion(s)

5	eggs
60 ml	whole milk
50 g	fresh spinach
70 g	red pepper
70 g	yellow pepper
30 g	white part of spring onion
80 g	smoked salmon, sliced
70 g	cherry tomatoes
20 ml	Kikkoman Naturally Brewed Soy Sauce
	Olive oil for greasing
	Chives and dill, for garnish

PREPARATION

Step 1

Whisk the eggs with the milk and the Kikkoman Soy Sauce.

Step 2

Dice the peppers, chop the spinach, halve the cherry tomatoes and finely chop the white part of the spring onion.

Step 3

Lightly grease the air fryer baking dish with the olive oil. Add the spinach, peppers, cherry tomatoes and spring onion, then pour over the egg mixture. Bake in the air fryer at 170 °C for 10–12 minutes.

Step 4

Top with slices of the smoked salmon and garnish with the chives and dill.