Scrambled Egg Croissants

Servings: 4
Total Time: 20 mins
Cooking Time: 10 mins

INGREDIENTS

8 large croissants, sliced open lengthwise
butter, for spreading

800g smoked salmon/trout ribbons
(at room temperature)
12 large eggs
2 Tbsp water
2 Tbsp freshly chopped parsley
1 tsp light olive oil or coconut oil
1 tsp butter

LCHF B Use *Low-Carb Oopsie Rolls** instead of croissants.

METHOD

Butter the croissants and place on plates. Loosely fold the salmon onto the bottom of each croissant.

Whisk the eggs with the water and add the parsley.
Melt the olive oil and butter in a small frying pan and add the egg mixture.
Gently fry while continually folding the egg until it is cooked but still soft and wet.

Stack the scrambled eggs on top of the salmon, loosely close the lid of the croissant and serve.

VARIATIONS

Substitute the salmon with thin slices of ham, pancetta or fried bacon.