



# Breakfast with Jon

## SMOKED SALMON SCRAMBLE



*Serving size: 1 scramble*

### INGREDIENTS:

#### For the Salmon:

- ¼ kg smoked salmon
- 1/2 onion
- 4 garlic cloves (crushed garlic)
- 3 eggs
- 1 tbs ghee

#### For the Salad:

- ¼ c cherry tomatoes
- 1 cup spinach
- ¼ cup chopped mushroom
- a couple slices of capsicum
- 1 tbs sesame seeds

#### Salad Dressing:

- 1 tbs tamari, 1 tbs, flax oil,
- 1 tbs balsamic vinegar

### DIRECTIONS:

1. Prepare the pan with 1 tbs of ghee.
2. Put the pan on a medium heat.
3. Chop up the onion, garlic, mushrooms, and smoked salmon. Beat the eggs as well.
4. Pour the ingredients onto the pan and let them scramble.
5. As the eggs are scrambling measure out the spinach salad and Gabriel salad dressing.
6. Chop up a few tomatoes and capsicum to garnish the salad and the scramble.
7. After the scramble is finished cooking, place the scramble next to the spinach salad.
8. Garnish the plate with capsicum, tomato, and sesame seeds.