

## Salmon & Spinach Omelette



4 Ingredients, 2 serves, 10 Minutes Total Time

4 eggs

140 grams baby spinach leaves

200 grams salmon (fresh or canned, wild caught)

2 tablespoons oil\* (or butter/ghee/fat to suit your diet)

### Instructions

- Wilt the spinach in a medium non-stick frying pan, using tongs to turn the spinach until it is all cooked, about 2 to 3 minutes. You don't need to add water; the water from washing the leaves should be enough to cook the spinach.
- Sprinkle with salt and transfer to a plate to set aside.
- Use a fork or whisk and beat the eggs in a small bowl with a few pinches of salt.
- Melt/heat the oil/ghee or butter (co suit your diet) over high heat in a medium non-stick skillet or omelette pan.
- Add the beaten eggs and let them sit for 2 to 3 seconds.
- With a fork, begin to draw the lightly cooked egg toward the centre of the pan.
- As you do so, tilt the pan so that uncooked beaten eggs flow into the bare part of the pan.
- Continue working your way around the pan, pulling the cooked egg in and tilting the pan.
- When there's just a little moist egg patch on top, add the spinach.
- Layer the spinach with flaked wild salmon.
- Fold the egg over the spinach, and slide the omelette onto a plate.
- Serve hot.

### Notes

In general, wild-caught Alaskan salmon is the best pick. Farmed salmon, usually labeled "Atlantic salmon," are typically raised in tight pens and given antibiotics to reduce the

spread of disease. They are also fed large quantities of fish meal, which often contains PCBs (polychlorinated biphenyls) and other carcinogens. Wild-caught Alaskan salmon, on the other hand, dwell in relatively clean waters and consume a healthier, more diverse diet. You can get the good stuff at a cheaper price if you source canned wild caught salmon.

### Warnings

**\*\*BABY SPINACH LEAVES:** less than 150g per meal for SIBO phase 1 & 2

**\*\*SALMON:** use only fresh or canned salmon, not smoked, for SIBO

**\*\*OIL\*:** SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

### Nutritional Information (per serving)

Calories	226
Total Fat	12g
Saturated Fat	2g
Cholesterol	129mg
Sodium	128mg
Total Carbohydrate	3g
Dietary Fibre	2g
Sugars	--
Protein	24g
Calcium	93mg
Iron	3mg
Magnesium	87mg
Phosphorus	274mg
Potassium	908mg
Vitamin C	20mg
Thiamine	--
Riboflavin	1mg
Vitamin B6	1mg
Vitamin E	3mg