



ROYAL
VOLUNTARY
SERVICE

SMOKED SALMON, EGG AND WATERCRESS TORTILLA

by Koen Bouckaert

SERVES 2

Ingredients

- 100g of Smoked salmon
- 4 eggs
- 2 tbsp Crème fraiche
- 1 bunch of watercress
- 200g of cucumber
- 10g butter
- 200g mixed lettuce
- 1 tbsp of olive oil
- 1 lemon



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Method

- 1. Make a side salad putting the lettuce and sliced cucumber in a large bowl.**
- 2. Make a dressing. Add the olive oil and squeeze $\frac{1}{4}$ lemon onto the salad, season lightly with pepper and salt. Gently toss the leaves and cucumber until they are coated with the dressing.**
- 3. Put a large non-stick frying pan on medium to high heat.**
- 4. Crack 2 eggs into a bowl. Season with salt and pepper and whisk with a fork.**
- 5. Add $\frac{1}{2}$ of the butter to the frying pan, once the butter is melted, add the egg and using a fork gently move the egg mixture until it forms a thin omelette.**



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Tip the omelette onto a sheet of kitchen parchment.

6. Gently coat the omelette with 1 tbsp of crème fraiche, put the ½ of the smoked salmon on top. Finish of with watercress, black pepper and a squeeze of lemon juice.

7. Roll the omelette into a tortilla shape with the help of the kitchen parchment. Cut in half.

8. Repeat for the 2nd omelette and serve with side salad.

OUR THANKS TO KOEN BOUCKAERT FOR THIS RECIPE

To find our more about the Virtual Village Hall and other online sessions please visit virtualvillagehall.royalvoluntaryservice.org.uk. Or to find out more about the Royal Voluntary Service go to royalvoluntaryservice.org.uk.



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