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ESSENTIAL OILS

CHEF KATE

CULINARY OIL  
BRAND AMBASSADOR  
& CHEF-TO-THE-STARS



# SCRAMBLED EGGS WITH LEMON AVOCADO MASH & SMOKED SALMON



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SERVES 2 - 4    PREP TIME 15 minutes    COOKING TIME 5 minutes

## A NOTE FROM CHEF KATE

*“This is a wonderful, easy dish to serve for breakfast and special occasions like Mother’s Day. If you prefer not to have the salmon, you can substitute this with toast or thin slices of haloumi cooked in some butter or olive oil. I love the zesty, Lemon essential oil flavour in the avocado and Black Pepper essential oil adds a great taste to the eggs.”*

## SCRAMBLED EGGS INGREDIENTS

- 6 Eggs
- ¼ cup Milk of choice (rice, almond or dairy)
- ½ tsp. Sea salt, to taste
- Pepper, freshly ground, to taste
- 2 drops Young Living Black Pepper essential oil
- ½ tbsp. Chives or spring onion, finely cut
- 1 tbsp. Butter or coconut oil, for cooking



## SERVING INGREDIENTS

- 1 Avocado
- ½ tsp. Lemon juice, fresh
- 3 drops Young Living Lemon essential oil, to taste
- Sea salt and pepper, to taste
- 4-6 pieces Smoked salmon
- ½ tbsp. Chives or spring onion, finely cut
- Sliced chillies *Optional*
- Pomegranate seeds *Optional*



## METHOD

1. Mix all scrambled eggs ingredients in a bowl except the butter or coconut oil and set aside.
2. Mash the avocado with lemon juice, Lemon essential oil, salt and pepper. Then, place the salmon on a serving plate, either forming a ring with a gap in the middle for the eggs or laying pieces next to each other to go under the eggs.
3. In a medium-to-large non-stick sauté pan, heat the butter over medium-to-high heat.
4. Add the egg mixture and cook for 3-5 minutes, regularly stirring and scrapping down the sides of the pan, until the eggs are cooked.
5. When the eggs are cooked, carefully place some on each plate in the centre or on top of the salmon. Top with avocado mash and sliced chillies if desired, then sprinkle with chives or spring onions and a few pomegranate seeds. Serve immediately.

**TIP:** Prepare all ingredients before cooking the eggs. Mash the avocado and place the salmon on plates so it's ready for adding the scramble on top of them.