

Elegant Salmon and Eggs Breakfast in Under 10 Minutes

Salmon & Eggs Breakfast ??



TIME
10 min

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INGREDIENTS

- 4 large eggs
- 2 Tbsp half and half (or whole milk)
- 1/8 tsp salt
- 1 Tbsp butter
- 4 oz salmon, broken into chunks (cooked or smoked)
- ... cup chives, chopped (optional)
- Freshly ground black pepper, to taste

DIRECTIONS

1. **Beat the Eggs:** In a medium bowl, whisk together:
2. 4 eggs
3. 2 Tbsp half and half
4. 1/8 tsp salt
5. Whisk vigorously for 30-60 seconds until the mixture is well-blended and slightly frothy.
6. **Heat the Skillet:** Set a nonstick skillet over medium to medium-high heat. Add 1 Tbsp butter and swirl to coat the pan as it melts.
7. **Cook the Salmon & Eggs:** Add the salmon chunks to the pan. Immediately pour in the egg mixture.
8. Using a rubber spatula, slowly scrape the bottom and sides of the skillet, folding and stirring gently to form large curds. This should take about 2 minutes.
9. **Finish Cooking:** Continue cooking for 1 more minute, or until the eggs are just set and salmon is warmed through.
10. **Add Flavor & Serve:** Fold in chopped chives (if using) and grind fresh black pepper over the top.
11. **Serve immediately.** The eggs should be creamy, soft, and just barely cooked-perfect for scooping onto toast or a bed of rice.

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Original recipe: <https://chefmaniac.com/elegant-salmon-and-eggs-breakfast-in-under-10-minutes/>