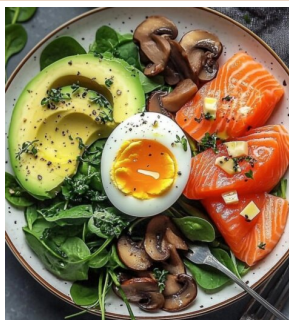


The Best Low-Carb Salmon Breakfast Plate with SautØed Mushrooms and Spinach

The Ultimate High-Protein Salmon and Avocado Breakfast Plate



TIME
20 min

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INGREDIENTS

Salmon Fillet: 1 cooked fillet (about 4-6 oz), flaked. You can use leftover grilled salmon or quickly pan-sear a fresh piece.
Avocado: 1 ripe avocado, diced or sliced.
Eggs: 3 large, high-quality eggs.
Mushrooms: 1 cup sliced (Cremini or Button work best).
Fresh Spinach: 2 cups (it looks like a lot, but it wilts down quickly!).
Garlic: 2 cloves, minced for that essential savory punch.
Olive Oil: 1 tablespoon for sautØing.
Seasoning: Salt and pepper to taste, plus optional red pepper flakes for a bit of heat.

DIRECTIONS

1. Master the Soft-Boiled Egg: The "jammy" egg is the star of the show here. Bring a medium pot of water to a rolling boil. Carefully lower your eggs into the water using a slotted spoon to prevent cracking. Set a timer for 6 to 7 minutes.
2. While they boil, prepare an ice bath (a bowl with cold water and ice cubes). Once the timer goes off, immediately move the eggs to the ice bath. This stops the cooking process and ensures the yolk stays soft. Once cooled, peel them gently and slice them in half.
3. SautØ the Savory Base: Heat your olive oil in a skillet over medium heat. Toss in the minced garlic and sautØ for about 30 seconds until it smells amazing-don't let it burn! Add your sliced mushrooms. Let them sit for a minute before stirring so they get that beautiful golden-brown sear. Finally, add the spinach and a pinch of salt. Stir until the spinach is just wilted.
4. Assemble with Care: This is the fun part! On a large plate or in a shallow bowl, create a bed with your sautØed mushrooms and spinach. Top with your flaked salmon and the diced avocado. Nestle the soft-boiled egg halves into the mix.
5. The Finishing Touches: Season everything generously with cracked black pepper and a little more sea salt. If you like a kick, sprinkle on some red pepper flakes. A squeeze of fresh lemon juice over the salmon really wakes up the flavors!

SWAPS & NOTES

The Greens: If you aren't a fan of spinach, kale or Swiss chard make excellent substitutes.

Just be sure to sauté them a minute or two longer as they are heartier.

This plate also works beautifully with smoked trout or even a light tangy chicken salad if you want a different protein profile.

The Eggs: If you prefer a faster route, you can try making a 3-ingredient egg wrap and serving the salmon and avocado inside!

TIPS FOR SUCCESS

Room Temp Salmon: If you are using leftover salmon from the fridge, let it sit out for 10 minutes or give it a very brief warm-up in the pan so it isn't ice-cold against the warm eggs.

Avocado Ripeness: To check if your avocado is ready, gently squeeze it.

It should give slightly but not feel mushy.

The "Jammy" Secret: For a perfect peel, add a teaspoon of baking soda to the boiling water; it helps the shell slide right off.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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