

Salmon & Eggs Breakfast for a Quick Protein-Packed Morning Meal

4 ounces salmon, broken into chunks



TIME
2 min

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INGREDIENTS

For the salmon and eggs:

- 4 large eggs
- 2 tablespoons half and half
- 1/8 teaspoon salt
- 1 tablespoon butter
- 4 ounces salmon, broken into chunks
- 1/4 cup chives, optional
- Freshly ground black pepper, to taste

DIRECTIONS

1. Beat the eggs: In a medium bowl, combine the eggs, half and half, and salt.
2. Use a fork or whisk to beat the mixture until well blended, about 30 to 60 seconds.
3. Heat the skillet: Place a nonstick skillet over medium to medium-high heat and add the butter.
4. Add the salmon and eggs: Once the butter is melted, add the salmon chunks.
5. Pour in the beaten eggs and begin cooking, using a spatula to gently scrape the bottom of the pan as the eggs set. This helps create large, soft curds.
6. Finish cooking: Cook for about 2 minutes, then continue cooking for another minute or so until the eggs are set and the salmon is warmed through.
7. Add the finishing touches: Gently fold in the chives if using, and grind black pepper over the top to taste.
8. Serve right away: Serve hot and enjoy with toast, hashbrowns, or rice if desired.

SWAPS & NOTES

The half and half helps keep the eggs tender and soft, but a splash of milk or cream can work if that is what you have.

This recipe works well with cooked salmon, whether it is leftover baked salmon, pan-seared salmon, or another prepared piece broken into chunks.

Chives are optional, but they add a nice fresh oniony note that brightens the richness of the eggs and salmon.

Freshly ground black pepper really helps finish the dish.

TIPS FOR SUCCESS

They are best when still soft and tender, since they will continue to set slightly from the residual heat.

Use gentle folds and scrapes with the spatula instead of stirring constantly.

That helps create bigger, fluffier curds.

If your salmon is already well seasoned, taste before adding more salt at the end.

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