



Mini smoked haddock omelettes

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 600 ml milk
- ☐ 3 bay leaves
- ☐ 2 slices onions
- ☐ 6 peppercorns black
- ☐ 600 g un-dyed haddock fillet smoked
- ☐ 8 eggs
- ☐ 25 g butter soft
- ☐ 100 ml double cream
- ☐ 4 tbsp parmesan grated

- ☐ 2 tbsp chive snipped
- ☐ 8 servings salad and lots of buttered toast

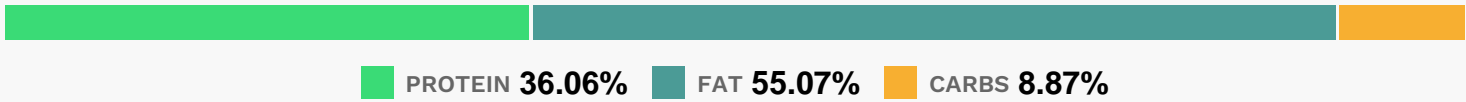
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ Mix the milk with 600ml water, the bay leaves, onion and peppercorns in a large shallow pan and bring to the boil.
- ☐ Add the smoked haddock, lower the heat so the liquid is just gently simmering, and poach for about 4–5 mins, or until the fish is just cooked and flakes. Lift the fish out and onto a plate, and when cool enough to handle, break into large flakes, discarding any skin and bones.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Whisk the eggs and season with salt and pepper. Grease 2 x 4-hole Yorkshire pudding trays with the butter. Divide the eggs between each of the 8 holes and scatter each with the fish.
- ☐ Bake for 10–12 mins they will be slightly un-set in the middle but will finish cooking under the grill.
- ☐ Heat the grill to high.
- ☐ Mix together the cream and Parmesan, spoon a little onto each omelette then grill until golden. Slide onto plates and serve sprinkled with chives, with salad and buttered toast alongside.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:13.173478227595%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 244.65kcal (12.23%), Fat: 14.77g (22.72%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 5.22g (1.9%), Sugar: 4.48g (4.98%), Cholesterol: 236.1mg (78.7%), Sodium: 321.27mg (13.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.52%), Selenium: 35.71µg (51.02%), Vitamin B12: 2.24µg (37.29%), Phosphorus: 363.53mg (36.35%), Vitamin B2: 0.39mg (22.89%), Vitamin B6: 0.35mg (17.31%), Calcium: 170.01mg (17%), Vitamin D: 2.32µg (15.46%), Vitamin A: 723.57IU (14.47%), Vitamin B3: 2.7mg (13.51%), Vitamin B5: 1.32mg (13.23%), Potassium: 416.08mg (11.89%), Magnesium: 33.45mg (8.36%), Zinc: 1.25mg (8.3%), Folate: 33.02µg (8.26%), Vitamin E: 1.04mg (6.92%), Vitamin B1: 0.09mg (5.73%), Iron: 1.01mg (5.6%), Copper: 0.06mg (2.77%), Vitamin K: 2.87µg (2.73%), Manganese: 0.05mg (2.42%)