

Eggs, Arugula & Smoked Salmon Plate

5 ingredients · 10 minutes · 1 serving



Directions

1. Heat a skillet over medium heat and crack two eggs in the pan. Cook until whites are set and yolks are cooked to your liking. Season with sea salt and pepper.
2. Plate the eggs with the arugula, salmon, and avocado. Enjoy!

Notes

No Arugula

Use another green such as baby spinach or baby kale.

No Smoked Salmon

Replace with roasted chickpeas or smoked trout.

More Flavor

Drizzle everything with lemon juice before serving.

Ingredients

- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 cup Arugula
- 2 ozs Smoked Salmon (sliced)
- 1/2 Avocado (sliced)