KIKKOMAN

Salmon frittata

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
1,623 kJ / 378 kcal

Fat: **25.3 g** Protein: **31 g**
Carbohydrates: **7.1 g**

INGREDIENTS

2 portion(s)

4	eggs
1 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 tsp	pepper
60 g	boiled potatoes
0.25 bunch	of green asparagus
150 g	baked salmon
1 tbsp	olive oil
1 tbsp	parsley
20 g	rocket salad

PREPARATION

Step 1

4 eggs - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tsp** pepper - **60 g** boiled potatoes - **0.25 bunch** of green asparagus - **150 g** baked salmon
Beat the eggs with a fork together with the Kikkoman Less Salt Soy Sauce and pepper. Mix with the sliced potatoes, chopped asparagus and diced salmon.

Step 2

1 tbsp olive oil - **1 tbsp** parsley - **20 g** rocket salad
Heat the olive oil in a frying pan. Add the eggs and other ingredients, and fry with the lid on until the eggs are set. Garnish with the parsley and serve on the rocket salad.