



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 20 mins

Serves: 4 - 6

INGREDIENTS

- 2 tbsp olive oil
- 1 leek, thinly sliced
- 2 spring onions, thinly sliced
- 12 large eggs
- 1½ cups plain coconut yoghurt
- 250g smoked salmon, torn into small pieces
- 150g [vegan cream cheese](#), diced 1cm pieces
- 1 cup finely chopped parsley
- ⅓ cup finely chopped dill

METHOD

- Preheat oven to 150°C.
- Heat oil in fireproof and ovenproof 30cm square dish on stovetop.
- Fry leeks and spring onions until just changing colour, remove from heat.
- In a large jug whisk eggs and yoghurt and then mix in all other ingredients.
- Pour into leek mix, stirring quickly to combine.
- Return pan to heat, do not stir any further, allow to cook gently for 5 minutes.
- Place dish in heated oven and bake for 15-20 minutes or until it has set (gently shake pan to test).
- Garnish with extra parsley and /or dill, and serve with salad and / or chips.

SMOKED SALMON FRITTATA

