

Pulled Salmon
600 g salmon roulade
15 g lime juice
15 g chilli and garlic oil
10 g chopped parsley

Smashed Avocado

1 kg peeled and stoned avocado

100 g lime juice

10 g chopped red chillis

Chilli garlic oil 20 g garlic cloves, peeled 20 g red chilli 150 g rapeseed oil

Scrambled eggs and chives 1.4 kg eggs 100 g salted butter 20 g chives, chopped

Toasted sour dough muffins 1.2 kg English muffin 200 g chilli and garlic oil

Hot Smoked Salmon and Avacado on toast with scrambled egg

Steps to prepare

Preparation time: 20 minutes • Cook time: 15 minutes

Pulled salmon: Shred the salmon roulade into nice pieces. Heat a small pan with the oil, then sauté the salmon pieces for a few minutes until cooked and lightly coloured, being careful not to break the pieces. Add the chopped parsley and lime and toss together.

Smashed Avocado: In a bowl, lightly mash the avocado with the lime juice and chilli so that you still have some pieces, but most of it forms a coarse paste.

Chilli garlic oil: In a pan, heat the oil and add the garlic and chilli. Bring to a simmer and cook for 4-5 minutes, then remove and allow to cool. Blend in a NutriBullet, then pass through a fine sieve.

Scrambled Egg and Chives: In a pan, heat the butter, then whisk the eggs until smooth. Over low heat, cook the eggs until they begin to set. Once they start to set, stir in the chopped chives, then remove from the pan and serve.

Toasted Sourdough Muffins: Brush the muffin with the oil, then grill on both sides until crisp and lightly coloured.

Serving: Place a slice of the toasted muffin on the plate, then add a generous spoonful of avocado. Spoon the scrambled egg mix on top. Place pieces of the salmon mix on the egg, drizzle with chilli oil, and then add the top slice of muffin.

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