

French-Style Smoked Salmon Omelette (Low FODMAP)

Master the art of a silky French omelette filled with luxurious smoked salmon. Ready in minutes, this protein-packed breakfast is gentle on sensitive stomachs.

Prep: 3 min

Cook: 5 min

Total: 8 min

Servings: 1

Low FODMAP ✓

Ingredients

3 large (about 150g), at room temperature free-range eggs

1/4 teaspoon (or to taste) salt

1/8 teaspoon (or to taste) freshly ground black pepper

15g (1 tablespoon), plus 5g extra for brushing unsalted butter

40g, roughly chopped (check label for garlic, onion, or honey) smoked salmon

1 tablespoon (7g), finely chopped (optional) fresh chives

1 teaspoon, for drizzling (optional) extra virgin olive oil

Instructions

Step 1: Prepare the eggs

(2 min)

Crack the eggs into a mixing bowl and whisk gently with a fork until the yolks and whites are just combined. You want them mixed but not frothy or overbeaten. Season with a pinch of salt and a few grinds of black pepper. Set aside while you prepare your pan.

Step 2: Heat the pan

(1 min)

Place a small non-stick omelette pan or 8-inch skillet over medium heat. Add the 15g butter and swirl the pan as it melts, allowing it to foam gently but not brown. The butter should coat the entire surface of the pan evenly. This creates the non-stick surface and adds flavor.

Step 3: Cook the omelette base

(2 min)

Pour the beaten eggs into the foaming butter and let them sit undisturbed for about 10 seconds until the bottom begins to set. Using a silicone spatula, gently push the cooked edges toward the center while tilting the pan to allow the uncooked egg to flow to the edges. Continue this pushing and tilting motion, working your way around the pan, until most of the egg has formed soft curds but the surface still looks slightly wet and glossy.

Step 4: Add the salmon filling

(1 min)

When the omelette is about 80 percent set but still creamy on top, scatter half of the chopped smoked salmon down the center in a line. Let it warm through for about 30 seconds. The residual heat will gently cook the remaining liquid egg without overcooking the salmon.

Step 5: Fold and serve

(1 min)

Remove the pan from heat. Tilt the pan away from you and use your spatula to fold one-third of the omelette over the salmon filling. Slide the omelette onto a warm serving plate, using the edge of the pan to help roll it into a neat oval shape as it lands. Brush the top with the remaining 5g melted butter for shine, then arrange the remaining smoked salmon pieces along the top. Drizzle with olive oil if using, sprinkle with fresh chives if using, and serve immediately while still warm and creamy inside.