Baked Salmon and Asparagus Frittata

Serves 2

Ingredients

- 4 Eggs
- 50g Coconut milk
- 125g Smoked Salmon
- 6 Asparagus spears, trimmed and chopped
- 1 Red Onion, sliced
- 1 Clove Garlic, Crushed
- Handful of basil leaves
- Coconut Oil
- Sea salt and black pepper to taste

Method

1. Preheat oven to 200c prior to cooking and heat a small frying pan in oven with 1 tablespoon of oil.
2. Blend eggs, milk and seasoning in a blender until fluffy.
3. Pour onions, asparagus and garlic into the hot pan, top with salmon and egg mixture.
4. Bake in hot oven for 15 - 20 minutes.
5. Serve with a large plate of spinach.