AMERICAN · BREAKFAST · LUNCH

Keto Smoked Salmon Scrambled Eggs with Asparagus

25 min · Serves 4 · 275 kcal a serve · Video 7:18 · America's Test Kitchen

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Eggs, smoked salmon and asparagus cooked in olive oil instead of butter or cream: about 16 g protein and under 3 g net carbs a serve, and rich in selenium and vitamin B12.

Diet notes: Keto (2.4 g net carbs a serve).

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Ingredients 11 · SERVES 4

- [ ] 8 oz **asparagus**, trimmed and cut into ½-inch pieces
- [ ] 8 large **eggs**
- [ ] 2 tbsp **extra-virgin olive oil**, beaten into the eggs
- [ ] 1 tbsp minced **fresh chives**, for the eggs
- [ ] ¼ tsp **table salt**
- [ ] ¼ tsp **black pepper**
- [ ] 1 tsp **extra-virgin olive oil**, for the asparagus
- [ ] 1 clove **garlic**, minced
- [ ] 2 tsp **extra-virgin olive oil**, for the eggs
- [ ] 2 oz **smoked salmon**, torn into ½-inch strips
- [ ] 1 tbsp minced **fresh chives**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Trim the asparagus: cut about an inch off the ends (peel the woody base of thicker spears), then cut into ½-inch pieces. 0:35
2. Beat the eggs with 2 tbsp olive oil, 1 tbsp chives, the salt and pepper using a fork; set aside. The oil replaces milk to keep the eggs tender. 1:40
3. Put 1 tsp oil and the garlic in a cold skillet and heat over medium for about a minute, just until the garlic sizzles and smells fragrant. 2:38
4. Add the asparagus and 2 tbsp water, cover and steam 3–4 minutes until crisp-tender. Uncover and cook off any liquid, then tip into a bowl and wipe out the pan. 3:00
5. Heat 2 tsp oil over medium-high until shimmering. Add the eggs and push them with a spatula for 30–60 seconds until large curds form and the spatula leaves a trail. 4:08
6. Turn the heat to low, fold in the asparagus and cook gently until the eggs are just set but still slightly wet. 4:34
7. Transfer to a serving platter, drape the smoked salmon strips over the eggs and scatter with the remaining chives. 5:02

> **Tip** ATK serves it with toast; for a low-carb plate skip the toast or have a slice of seeded low-carb bread. Swap the asparagus for sautéed mushrooms with a little feta.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
275 kcal	17 g	3.7 g	1.3 g	21 g	560 mg
1,150 kJ	33% of a day	2.4 g net · 2.2 g sugars	5% of a day	4.8 g saturated	24% of a day
		1% of a day		27% of a day	

Energy from net carbs 4% · protein 26% · fat 70% — fits keto: 2.4 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Selenium 68% · Vitamin B12 65% · Vitamin K 29% · Vitamin E 21% · Vitamin A 20%

Source of (10–19%) Folate 19% · Iron 15% · Zinc 13% · Vitamin B6 13% · Omega-3 13% · Vitamin D 11%

Recipe and video: America's Test Kitchen (@AmericasTestKitchen) on YouTube — youtube.com/watch?v=y32v97Xdvk4, published 18 May 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-smoked-salmon-scrambled-eggs-asparagus