



Smoked Salmon Frittata

with Scallions, Spinach, & Pickled Chiles

🕒 30-40min 🍴 2 Servings

Frittatas are the perfect canvas to create a breakfast masterpiece. We start with sautéed scallions and spinach, then add chopped tomatoes and luxurious smoked salmon. Cream cheese and dill bring a velvety herbaceousness to the egg base, which bakes until set on the outside while maintaining a creamy interior. A dollop of cooling sour cream complements the tangy heat of pickled chiles scattered over top.

What we send

- 2 (1 oz) cream cheese ⁷
- 5 scallions
- 1 Fresno chile
- 1 plum tomato
- ¼ oz fresh dill
- 3 oz pkg smoked salmon ⁴
- 5 oz baby spinach
- ¼ oz everything bagel seasoning ¹¹
- 2 (1 oz) sour cream ⁷

What you need

- 6 large eggs ³
- kosher salt & ground pepper
- olive oil
- distilled white vinegar (or apple cider vinegar)
- sugar

Tools

- medium nonstick ovenproof skillet
- microwave

Cooking tip

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Allergens

Egg (3), Fish (4), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 340kcal, Fat 22g, Carbs 18g, Protein 18g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center. Set **cream cheese** in a medium bowl to soften. Trim ends from **scallions**, then thinly slice. Trim ends from **Fresno chile**, then thinly slice. Cut **tomato** into ½-inch pieces. Finely chop **dill fronds and stems**. Tear **smoked salmon** into 1-inch pieces.



4. Cook frittata

Add **eggs, tomatoes, and half of the salmon** to skillet, gently stirring to evenly distribute. Top **frittata** all over with remaining salmon. Sprinkle **everything bagel seasoning** in a border along the edges of the frittata. Bake skillet on center rack until eggs are just set and a knife inserted in the center comes out clean, 5-12 minutes.



2. Whisk eggs

To **bowl with cream cheese**, add **3 large eggs** and whisk until mostly smooth. Add **3 more large eggs** and **2 tablespoons water**, whisking until smooth. Season with **½ teaspoon salt** and **a few grinds of pepper**. Stir in **half of the dill**.



5. Pickle fresas chiles

Meanwhile, in a microwave-safe bowl, combine **chiles, 3 tablespoons vinegar, 2 tablespoons sugar, and 1 teaspoon salt**. Microwave until crisp-tender, 30-90 seconds; set aside to pickle.

In a 2nd small bowl, combine **sour cream** and **2 teaspoons water**. Season to taste with **salt and pepper**.



3. Cook scallions

Heat **2 tablespoons oil** in a medium nonstick ovenproof skillet over medium-high. Add **scallions** and **a pinch each of salt and pepper**. Cook, stirring frequently, until scallions are softened and browned in spots, 3-5 minutes. Stir in **spinach** until just wilted. Remove from heat.



6. Finish & serve

Transfer skillet to a wire rack and let **frittata** rest for 5 minutes. Run spatula around edge and slide **frittata** onto a cutting board (or serve directly in skillet). Cut into wedges and sprinkle with **remaining dill**. Serve with **sour cream** and **pickled chiles** alongside. Enjoy!