**Herby Scrambled eggs with tomato and smoked salmon** (Serves 1)

1 whole egg

1 egg white

1-2 two chopped tomatoes

1 tsp of chopped herbs like dill, oregano or thyme

1 tsp of turmeric

28g chopped wild Alaskan smoked salmon

1. Beat eggs and egg white together in a small bowl
2. Add herbs and tomatoes and turmeric
3. Cook in microwave stirring occasionally until just set
4. Stir in smoked salmon
5. Serve on 1 slice rye or wholemeal bread toasted