



HOME CHEF

BREAKFAST

# Smoked Salmon Frittata

With Za'atar Lavash



Adding lox to a bagel stands as one of humanity's great achievements, but creative uses for smoked salmon seem to have stalled there. Enter our Smoked Salmon Frittata, an Italian egg preparation similar to a crustless quiche. Tender, smoke-cured salmon gets paired with briny feta cheese and fresh dill for a savory breakfast that looks fancy, but is deceptively simple. Add to that crackling-crisp lavash flatbread flecked with aromatic za'atar spice, and you'll realize you can do much better than a bagel with a schmear.

## OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

## NUTRITION

Calories: 897  
Carbohydrates: 87g  
Fat: 30g  
Protein: 76g  
Sodium: 993mg  
*per serving*

## DIETARY



NUT-FREE



SOY-FREE

## DRINK PAIRING

You can't beat a glass of freshly squeezed orange juice at breakfast...especially if that glass has Champagne in it.

## INGREDIENTS

1 Shallot  
2 Dill Sprigs  
3 oz. Smoked Salmon  
1 Tbsp. Butter  
1 ¼ Cup Flour  
½ tsp. Sugar  
1 Cup Liquid Egg  
2 tsp. Za'atar Spice  
2 oz. Heavy Cream  
1 oz. Feta Cheese

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper  
Cooking Spray

## EQUIPMENT

3 Mixing Bowls  
Baking Sheet  
Small Non-Stick Pan

## DID YOU KNOW?

Za'atar is a Middle Eastern spice blend of sumac, sesame seeds, and dried herbs like thyme and oregano.

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## Prepare the Ingredients

Preheat oven to 375 degrees. Thoroughly rinse produce and pat dry. Peel and mince **shallot**. Stem **dill fronds** and coarsely chop. Rinse **smoked salmon**, pat dry, and cut into a ½” dice.



## Make the Lavash Dough

Melt **butter** in microwave or small pan and let cool slightly. Measure out ¼ cup of **flour** and reserve. In a medium mixing bowl, whisk together remaining 1 cup **flour**, **sugar**, and a pinch of **salt**. In a second mixing bowl, combine **melted butter**, 2 Tbsp. **liquid egg** (reserve remaining for frittata), and ¼ cup **water**. Add **egg mixture** to **flour mixture** and stir until dough comes together. Dough should be firm but not sticky. Add **reserved flour** if dough is sticky or add additional water, 1 Tbsp. at a time, if dough is too dry.



## Roll out Lavash

Spray underside of a rimmed baking sheet with non-stick **cooking spray** and place a damp towel underneath sheet. Place **dough** on prepared baking sheet and, with a rolling pin or wine bottle, roll dough as thinly as possible, 1/8” or thinner. *Using underside of the baking sheet makes it easier to roll out, and helps dough stick to the sheet, helping the lavash to be as thin as possible.*



## Season & Bake Lavash

Brush rolled out **dough** with 1 tsp. **olive oil** and season with **za'atar spice** and a pinch of **salt and pepper**. Bake for 15-20 minutes, or until dough is lightly browned and crispy. The texture should be paper-thin. Remove and let cool while frittata is being made. When cool enough to handle, break up into smaller pieces.



## Make the Frittata

In a medium mixing bowl, combine remaining **liquid egg** with **heavy cream**, half the **dill**, half the **feta**, and half the **diced smoked salmon** (reserve remaining dill, feta, and salmon for garnish). Heat 1 tsp. **olive oil** in a small oven-safe non-stick pan over medium heat. Add **minced shallot** and cook for 2 minutes, or until translucent. Add **egg mixture** and cook, stirring gently, 2 minutes until eggs on bottom of pan begin to set. Move pan to oven and cook 15 minutes until eggs are fully set.



## Plate the Dish

Serve **frittata** in pan or divide between two plates. Garnish with **reserved diced smoked salmon, feta, and dill**. Serve alongside **lavash**.