



Courgette, smoked salmon and egg wrap

Courgette and eggs create these light but durable wrappers that can hold an array of savoury fillings. Already flavoured with thyme we also had smoked salmon and chives in this recipe to make a winning savoury crepe. This is a protein packed meal and ideal to help rebuild and repair after training.

Serves: 4, Prep time: 00:15, Cook time: 00:20

Instructions

1. Preheat oven to 450F/232C. Cover a large sheet pan with parchment paper.
2. Wrap handfuls of grated courgette in a thin towel and squeeze repeatedly to remove as much moisture as possible.
3. In a medium bowl, use a fork to mix together the egg, oil, garlic, thyme, coconut flour, tapioca flour, salt, and pepper. Mix until smooth, with no lumps.
4. In a large bowl, mix together the courgette and the wet ingredients. Mix well, until completely combined.
5. Scoop 1/3 cup of the courgette mixture onto the baking sheet. Use

Ingredients

- 4 cups Courgette, Finely grated
- 1 Egg, Whisked
- 2 tablespoon Oil, olive
- 1 Garlic, cloves, Finely chopped or pressed
- 1 thyme sprigs, leaves picked
- 1 tablespoon Coconut flour
- 2 tablespoon Tapioca flour
- 1 pinch or to taste Sea salt, pinch
- 1 pinch or to taste Black pepper, ground, pinch
- 2 Scrambled eggs
- 1 pinch or to taste Smoked salmon, To taste
- 1 pinch or to taste Chives, To taste

- your fingers to press the zucchini into a circle 6 inches/152 mm wide.
6. Repeat, making a total of 4 crepes evenly spaced out on the baking sheet until all the batter is used.
 7. Bake 18 to 20 minutes, until nicely browned around the edges. Let sit until cool enough to touch, then carefully peel the crepes off of the parchment paper.
 8. Fill the crepes with scrambled eggs, smoked salmon, and chives, or any filling of your liking.

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Nutrition

Serving size 4

Calories 788

Fat 49g

Fibre 8g

Protein 58g

Net Carbs 22g