

# Convenient value

Eating on a budget? At Metro, you don't have to compromise on quality or flavour with our weekly meal ideas and specials!

**Fresh Smoked  
Salmon slices**  
from IOS Seafood

**\$33.99/kilo**  
save \$2.00/kilo

**Baby Spinach**  
from Metro Grocer

**\$19.99ea**

**Ricotta Cheese**  
from Fresh Cut Deli

**\$9.99/kilo**  
save \$3.00/kilo

**Eggs**  
from Metro Grocer

**\$3.49/700g**  
save \$0.50

**Michael's Aioli**  
from Metro Grocer

**\$6.49/200g**

**Chives & Dill**  
from Metro Grocer

**\$1.50/bunch**



## Smoked Salmon Omelette rolls

Makes 16

- 8 eggs
- 2 tbs chopped chives
- 2 tbs dill, chopped
- olive oil cooking spray
- 1/2 cup aioli
- 1/2 cup ricotta cheese
- 40g baby spinach
- 220g sliced smoked salmon

Beat 2 eggs, 2 tbs chives, tbs dill and pepper in a jug until combined. Spray a wok or 20cm (base) non-stick frying pan lightly with oil. Heat over high heat until hot. Beat egg mixture again and pour into wok or pan. Swirl egg to form thin omelette. Cook for 2 minutes or until golden underneath. Slide omelette onto a plate. Repeat with eggs, chives, dill, pepper and oil to make a total of 4 omelettes. Set aside to cool. Place 1 omelette on a board. Spread with 1 tablespoon aioli. Top with spinach, salmon and cheese. Roll omelette up like a Swiss roll. Repeat with remaining omelettes, aioli, spinach and salmon. Trim ends of omelettes. Cut each into quarters. Stand upright and serve.

\*All specials valid from 26 March to 2 April 2009