

Stuffed egg salad

Serves 2

Ingredients

2 eggs at room temperature

¼ cup finely diced cucumber, deseeded

¼ red capsicum, deseeded and finely diced

1 tablespoon plain, unsweetened yoghurt

pinch curry powder

pinch salt

freshly ground pepper to taste

1 cup torn lettuce

½ tomato, sliced into wedges

¼ cucumber, thinly sliced

parsley sprigs for garnish

Method

1. To hard boil eggs, fill a medium saucepan with water. Bring to the boil, then carefully lower eggs into water with a large spoon.
2. Boil eggs for 8 minutes.
3. Meanwhile, place cucumber and capsicum in a bowl.
4. Once eggs are cooked, turn off the heat and carefully remove them from the pot using a slotted spoon, and place them in a bowl of cold water and allow to cool.
5. Peel eggs by cracking and removing the shells under running cold water. Then slice in half on the long side.
6. Carefully scoop out egg yolks using a teaspoon and place in a bowl. Place empty egg whites on a board.
7. To egg yolks, add cucumber, capsicum, yoghurt, mustard, salt and pepper, then mix until smooth.
8. Fill egg whites with spoonfuls of yolk mixture.
9. Divide lettuce, tomato and sliced cucumber onto serving plates, then top with two egg halves each. Garnish, then serve.

Variations

- Use a pinch of mustard powder in place of curry powder.
- Add ½ teaspoon of freshly chopped herbs, e.g. parsley or chives to egg mixture.



Equipment

- 3 bowls
- Cutting board and knife
- Large spoon
- Measuring cups
- Measuring spoons
- Medium saucepan
- Slotted spoon
- Teaspoons

Preparation and cooking skills

Boil, cut, dice, mix, peel, slice, use herbs and spices to flavour dishes, deseed.

Nutrition

- Eggs provide our bodies with protein and vitamins which help to form healthy muscles, hair, nails and skin.

Serving suggestion

- Serve with a bread roll or ½ cup cooked couscous.