

Egg Salad Sandwich



Servings: 1

Difficulty: Easy

Prep Time: 10 minutes

Ingredients

- Wholemeal sandwich thins
- 1 boiled egg
- 2 tablespoons of rocket
- 3 diced cherry tomatoes
- Tbsp 0% fat Greek style natural yoghurt
- Pinch of pepper

Method

- Boil the egg in a small saucepan of water for 10 minutes. Place in cold water and allow to cool.
- Remove the egg shell and mash the egg. Add a tablespoon of 0% fat Greek style natural yoghurt and a pinch of pepper.
- Place the egg filling inside the sandwich thin along with the rocket and cherry tomatoes

Complete your lunchbox with

- 6 Sugar snap peas (40g)
- 1tbsp Cottage cheese (40g) with 1 slice of pineapple (52g)
- bottle of water

Allergens

Gluten, egg, milk

