



Recipe

Egg & Spinach Salad

Serves 2

Cooking and prep: 20 minutes

Calories per serve: 340 per serve

Ingredients

- 4 boiled eggs
- 1 cup of baby spinach, washed
- 1/2 avocado, sliced
- 2 lebanese cucumber, sliced
- 1 large carrot, peeled and grated
- 1 cup purple cabbage, chopped fine
- 2 tbsp of feta, crumbled (or vegan cheese)
- 2 tbsp of dried raisins
- 2 tbsp toasted pine nuts
- Dressing of choice- 1 teaspoon olive oil



Method

1. *Boil the eggs until ready and allow to cool for 10 minutes. Boil 2 extra eggs for tomorrow's lunch.*
2. *Toast pine nuts in oven for 6 minutes or until golden. Allow to cool.*
3. *Plate spinach, cabbage, cucumber and carrot. Sprinkle over raisins, pine nuts, avocado and feta.*
4. *Top with the boiled eggs and dribble over some dressing.*