

EGG SANDWICHES THREE WAYS



INGREDIENTS

Sandwich 1:

- 3 boiled eggs
- 1 tbsp mayonnaise
- 1 tbsp chopped basil
- 1 tsp grated lemon rind
- 1 baguette
- handful of baby rocket leaves



Sandwich 2:

- 3 boiled eggs
- 1 tbsp sweet chili sauce
- 1 tbsp chopped fresh coriander
- wholegrain bread
- light cream cheese
- 1 sliced tomato

Sandwich 3:

- 3 boiled eggs
- 1 tbsp good quality mayonnaise
- 2 tbsp chopped semi dried tomatoes
- 2 tsp baby capers
- wholemeal bread
- handful of shredded iceberg lettuce

METHOD

Sandwich 1:

1. Chop 3 boiled eggs and mix with 1 tbs good quality mayonnaise, 1 tbs chopped basil and 1 tsp finely grated lemon rind.
2. Season to taste and use a to fill a baguette, along with some baby rocket leaves.

Sandwich 2:

1. Chop 3 boiled eggs and mix with 1 tbs sweet chilli sauce and 1 tbs chopped fresh coriander.
2. Serve on wholegrain bread spread with light cream cheese, and sliced tomato.



Sandwich 3:

1. Chop 3 boiled eggs and mix with 1 tbs good quality mayonnaise, 2 tbs chopped semi dried tomatoes and 2 tsp baby capers.
2. Serve on wholemeal bread shredded iceberg lettuce.