

Sriracha Egg Dip



Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Lunchboxes & Snacks, Entertaining, Vegetarian

Entertaining made easy with this delicious sriracha egg dip! It's perfect as a light snack for the kids and the adults. Plus, it's heart healthy so you can't go wrong.



Ingredients

- 8 large eggs
- ½ red capsicum, finely diced
- 1 stick celery, finely diced
- ¼ cup thick Greek yoghurt
- squeeze of lemon
- 1 tsp dill
- 2 tbsp sriracha
- Pinch salt & good grind of pepper (to taste)
- Smoked paprika to garnish.

Method

- 1. Bring a saucepan of water to the boil. Add the eggs (prick them on the wider end to ensure shells don't crack) and simmer for 8 minutes. Drain and cover with cold water. Once cool enough to handle, peel and place in bowl.
- 2. Mash the eggs with a fork. Add all the other ingredients and mix to combine. Season to taste.
- 3. Serve in a bowl sprinkled with smoked paprika and serve with carrot & celery sticks and/or brown rice crackers or wholemeal pita chips.

Notes

Use any leftovers as a sandwich filling for lunch the next day!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
170g	700kj 167kcal	14g	9.4g	2.6g	7g	5g	463mg	2g

All nutrition values are per serve.