



EGG AND LETTUCE SALAD

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: Nil

Serves: 4



INGREDIENTS

- 5 hard boiled eggs
- 4 large lettuce leaves, or 8 small leaves
- 1/3 cup celery, finely chopped
- 1 cup chopped cucumber
- 1/4 cup chopped spring onions
- 1/2 cup rinsed & drained 4 bean mix
- 1 tbsp sweet chilli sauce
- 1 tbsp vegan mayonaise
- 1 tbsp chopped coriander
- Salt and pepper to taste
- 1/4 cup pepitas
- 1/2 tsp smoked paprika
- Optional: finger limes for garnish

METHOD

- Peel and roughly chop the eggs.
- In a large bowl add celery, cucumber, spring onions, bean mix, chilli sauce, mayonaise, coriander, salt and pepper and mix well.
- Stir in eggs, and fill lettuce cups, or serve in salad bowls.
- Sprinkle with pepitas, smoked paprika and finger limes.