

COMBINING RIGHT RECIPES

Quick Lunches – PROTEIN

Egg salad with fresh herb dressing – serves 2

4 hard boiled organic eggs
8 good sized lettuce leaves
4 small tomatoes
8 slices of peeled cucumber
1 carrot, finely grated
1 ripe avocado, peeled and sliced into quarters
pinch of paprika

Dressing:

100 g plain unsweetened yoghurt
2-3 tbsp of fresh herbs (parsley, mint, chives, or basil, coriander and dill)
1 tsp balsamic vinegar
freshly ground pepper and sea salt to taste

Arrange egg halves on two plates together with lettuce leaves, tomatoes, cucumber, carrot and avocado. Mix dressing ingredients well and spoon over salad. Sprinkle with a little paprika.