

EGG SALAD RECEIPE

Ingredients:

- 3-4 eggs hard boiled and peeled (for 2 persons)
- 1 tsp of Mustard paste
- 2 tbsp of Spring Onions, finely chopped
- 1 cucumber
- Salt and Pepper to taste
- Chat Masala for taste
- 1 tsp of lemon juice
- Coriander leaves chopped for garnish

Method :

Boil the eggs and let them cool. Transfer the eggs to cold water for making peeling easier.

Peel and chop the eggs into small pieces. Put them in a bowl. Make cucumber into pieces and add to the bowl. Add a tsp of mustard paste, cut the spring onions and add them to the bowl, add lemon juice, salt and pepper. Mix gently.

For garnish: sprinkle chat masala. For sweeter taste, add pomegranate arils.

Protein rich salad is ready.

You can serve the salad in lettuce wraps or separately.

Tip: You can add Avocado for healthy fat and flax seeds or grated carrot for extra fiber.