

“Curried egg”garden salad

Ingredients

- 4 eggs
- 1 butter lettuce, leaves separated
- 1 telegraph cucumber, peeled, thinly sliced
- 1/4 cup micro cress (see Notes)
- 150g thick low-fat Greek yoghurt
- 1 teaspoon curry powder
- 2 tablespoons extra virgin olive oil
- Pinch of cayenne pepper

Equipment

- Metric spoon & cup measures
- Sharp knife
- Vege peeler
- Small saucepan
- Serving dish

1. Fill a small pan with hot water and add eggs. Bring to the boil, then reduce heat to low and simmer for 3-4 minutes until soft-boiled. Remove eggs with a slotted spoon, cool, then peel and quarter. Season and sprinkle with cayenne.
2. Meanwhile, place yoghurt, curry powder and some salt and pepper in a small bowl. Stir well to combine. Stir in oil and set aside.
3. Divide lettuce among plates. Arrange the cucumber and the eggs on top and dollop over yoghurt dressing. Scatter with cress and nigella seeds and serve.



