



AVOCADO EGG SALAD

INGREDIENTS

- 2 eggs
- 100 g cucumber, unpeeled, cut into chunks
- 30 g spring onions, thinly sliced
- 2 avocados, peeled, stones removed
- 3 tsp red wine vinegar, divided
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp chilli sauce
- 30 g rocket
- ½ tsp olive oil
- 8 wholewheat crackers

PREPARATION

1. Boil the eggs for 10 minutes in the saucepan.
2. Place the cucumber pieces and spring onion slices in the medium mixing bowl.
3. Mash the avocados in the small mixing bowl. Add 2 tsp red wine vinegar, salt, black pepper and chilli sauce, and mix well. Add the avocado mixture to the cucumber and spring onion in the medium mixing bowl and mix to combine.
4. Rinse the eggs with cold water. Peel them, cut them into small pieces, and combine them with the avocado mixture. Adjust the seasoning, to taste.
5. Place the rocket on a serving platter. Sprinkle it with the remaining 1 tsp red wine vinegar and 1 tsp olive oil, and toss to combine. Place the egg-avocado mixture on top of the rocket and serve on crackers.