

Egg Salad

Serves 10

Ingredients	
10 eggs	160g mayonnaise
2 (60g) stalks of celery	3 tbsp (45g) chopped fresh dill
220g cucumber, sliced	10 slices wholemeal bread
1 (145g – w/out skin, stone) avocado	18 (720g) new potatoes
3 medium (255g) tomatoes	

- **METHOD:**
- Peel and de-stone the avocado, roughly chop the dill, prepare the rest of the salad ingredients into small bite size pieces.
- Mix together celery, avocado, cucumber, tomato, dill and mayonnaise.
- Hard boil eggs, peel and cut into sixths, mix together.
- Meanwhile boil the potatoes, and slice to serve with the salad.
- Serve the dish with bread.



- ✓ **COOK'S – TIP, FOR PUREE DIETS MAKE AN AVOCADO AND TOMATO PUREE. USE TINNED TOMATOES OR BLANCH FRESH TOMATOES IN BOILING WATER FOR 1 MINUTE AND REMOVE THE SKINS, THEN SCOOP OUT SEEDS.**
- ✓ FOR EGG FREE DIETS, OMIT EGGS AND MAYONNAISE, USE MUSHROOMS OR TOFU INSTEAD OF EGGS AND HEINZ SALAD CREAM
- ✓ FOR VEGETARIAN DIETS CHECK IF EGGS ARE EATEN, IF NOT FOLLOW ADVICE FOR EGG FREE DIETS

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
366	12.9	22.6	29.6	3.2	0.8	2.6	102