



EGG 'NOT MAYO' SANDWICH



1 serving



15 minutes

INGREDIENTS

- 2 medium free-range eggs
- 1 heaped tablespoon natural yogurt
- 1 teaspoon American mustard
- 1 spring onion (scallion), finely sliced
- 1 tablespoon chopped parsley
- 1 tomato, deseeded and diced
- 2 slices of bread of choice
- Small handful of baby spinach leaves
- Salt and pepper

DIRECTIONS

1. Bring a small pan of water to the boil. Lower in the eggs and cook for 8 minutes. Drain, place in a bowl of iced water for 2 minutes, then remove and peel.
2. While the eggs are cooking, in a bowl, mix the yogurt, mustard, spring onion, parsley, tomato, a good pinch of salt and a crack of black pepper.
3. Roughly chop the eggs, add to the bowl and carefully mix to combine.
4. Spread the egg mixture equally over the 2 slices of bread and add the spinach leaves on top. Sandwich together and enjoy!

Under 350kcal, 25g protein