



Avocado & Soft Boiled Egg Salad

This is another winning combination, an easy, healthy supper if you're on your own.

Serves 1

- 1 handful of romaine or gem lettuce
- Small handful rocket leaves
- 6 cherry tomatoes, halved
- ½ avocado, cut into pieces
- 1 egg
- 1 tsp chopped chives
- 1 tsp chopped mint leaves
- 3 tsp Dijon dressing



1. Boil the egg for 4 minutes if medium or 5 minutes if large. Run under cold running water to cool before peeling and cutting into quarters.
2. Slice the romaine or gem lettuce and toss with the rocket leaves, avocado, cherry tomatoes and half the herbs.
3. Arrange the egg over the top of the salad, sprinkle over the remaining herbs and drizzle over the dressing to serve.

Dijon Dressing

This is a useful dressing to have in the cupboard, it goes with almost any salad and also works with steamed vegetables such as new potatoes, carrots, beans and asparagus.

Makes about 150ml

- 100ml olive, rapeseed, vegetable or sunflower oil
- 50ml cider or white wine vinegar
- 1 tsp dried mixed herbs
- 1 tsp Dijon mustard
- Good pinch of salt
- Grind of black pepper
- Pinch of caster sugar

Hints, Tips and Adaptations

Gluten free, dairy free

Use different herbs to change the flavour

Try a drizzle of cold pressed oil and balsamic syrup instead of the dressing.

Use duck or quails eggs instead of hens.

1. Put everything into a 225ml jar with a lid and shake well. Taste and adjust the seasoning as necessary.