

Curried Egg and Cos Rolls



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Lunch Recipes, Lunchboxes & Snacks, Vegetarian



Ingredients

- 8 eggs
- 1/4 cup whole egg mayonnaise
- 1/4 cup Greek yogurt
- 1 tablespoon Dijon mustard
- 1 tablespoon curry powder
- 2 tablespoon chopped parsley
- salt and pepper
- 2 baby cos lettuce, washed and dried

- 4 mini whole meal seeded rolls

Method

1. Bring a saucepan of water to the boil, add the eggs, and cook for 9 minutes.
2. Drain then plunge eggs into cold water to cool. Crack and peel. Chop up roughly, place into a bowl along with the mayonnaise, yogurt, mustard and curry powder
3. Mash with a fork until fine like scrambled eggs.
4. Add parsley and season.
5. Split the rolls, in half, add torn cos leaves add lashings of curried egg mix.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
195g	1560kj 373kcal	17.8g	26.3g	5.4g	15.7g	3.5g	491mg	3.6g

All nutrition values are per serve.