

Healthy Boiled Egg Salad



Preparation time: 5 mins

User Rating: ★★★★★

Publication: 23 March 2020

Categories: Quick & Easy, Lunch Recipes, Vegetarian, Meals for One

Why do those healthy salads in shop windows always look so attractive? Because they're convenient and done for you.

But the fact is, they're all simple enough to make yourself. And the best part? You know exactly what's in it and how fresh it really is.

And when it comes to adding that protein power-kick, boiled eggs are your easy – and nutritious – salad solution. So, get your timer ready in clocking that ideal cooking time for your boiled egg of choice.



Ingredients

- 4 eggs
- 1 head cauliflower, cut into florets, large florets halved
- 400g can chickpeas, rinsed and drained
- 2 tbs olive oil
- 60g baby spinach leaves
- ½ bunch radishes, thinly sliced
- ½ bunch mint leaves
- 1 tbsp currants

Dressing

- ¼ cup tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- Salt and cracked black pepper

Method

1. Preheat the oven to 220°C/200°C (fan-forced). Line a large oven tray with baking paper.
2. Half fill a medium saucepan with cold water. Gently lower in eggs. Bring to a simmer over medium heat and cook for 5 minutes for medium boiled eggs. Simmer the eggs for 8 minutes for hard boiled eggs. Use a slotted spoon to transfer to iced water. Peel and set aside.
3. Toss cauliflower and chickpeas in oil, salt and pepper on a prepared tray. Roast for 25 minutes, until cauliflower is tender and starting to brown around the edges.
4. For the dressing, whisk the olive oil, lemon juice, Dijon, salt and pepper together until combined. Set aside.
5. Toss radish, mint and currants though roast cauliflower and chickpeas. Top with halved eggs and drizzle with dressing.

Notes

- Don't boil the water too hard for the eggs: a light simmer is all that you need.
- Don't overcook the eggs, even for hard boiled eggs. The yolks will start turning grey and the whites will go rubbery.
- To peel a hard boiled egg, crack the shell all over by tapping the egg on a hard surface, then roll the egg around in your hands to loosen the shell. Run the egg under cold tap water or dip it in a bowl of cold water to help remove the shell.
- If cooking more than two eggs, make sure your eggs fit in the saucepan in a single layer.
- Don't just glance at the clock, set a timer to get consistent boiled eggs every time.

Hard or soft boiled? Find out how to make the perfect boiled egg here.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
380g	1880kJ 449kcal	16.5g	31.1g	5.2g	21.8g	7.9g	455mg	8.9g
Vitamin D								
3.1µg								

All nutrition values are per serve.