

Curried egg and cos rolls

Preparation time: 20 mins

Serves: 4 people

Categories:

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Lunch Recipes, Lunchboxes & Snacks



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

Bring a saucepan of water to the boil, add the eggs, and cook for 9 minutes.

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

Mash with a fork until fine like scrambled eggs.

Add parsley and season.

Split the rolls, in half, add torn cos leaves add lashings of curried egg mix.