

Egg and Lettuce Salad Cups



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Lunchboxes & Snacks, Vegetarian



Ingredients

- 4 eggs
- 1 red capsicum, diced
- 1 Lebanese cucumber, diced
- 3 green onions, finely sliced diagonally
- 1 carrot, grated
- 1 cup bean sprouts
- ¼ cup chopped coriander
- 2 tbsp lime juice

- 1 ½ tbsp sweet chilli sauce
- 1 tsp fish sauce
- 8 iceberg lettuce leaves

Method

1. Place the eggs into a saucepan and cover with water. Place the lid on the saucepan and bring to the boil, and when it starts uncover and start timing for 10 minutes. Drain and cool under cold water, then peel.
2. Chop the eggs and combine in a large bowl with the capsicum, cucumber, onions, carrot and bean sprouts. Combine the juice and sauces in a small bowl and whisk with a fork.
3. Pour over the vegetable mixture and gently mix through.
4. To serve, spoon into lettuce leaves.

Notes

You can prepare the filling up to 1 hour in advance, keep covered in the fridge. Dress just before serving.

This can also be eaten as a wrap

To make this a more child friendly meal, just leave off the dressing and coriander, and add some grated cheese

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
266g	615kj 147kcal	9.1g	5.3g	1.4g	12.8g	12g	364mg	4.2g

All nutrition values are per serve.