

# EGG AND LETTUCE SALAD CUPS

Published: 23 August 2013

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

Boiled, Hard Boiled, Salads

Occasions: Dinner, Lunch

Diets: Vegetarian



Preparation: 15 mins  
Serves: 4 people

## 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

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.

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.

Pour over the vegetable mixture and gently mix through.

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