

# Eggs Kebab with Fresh Tomato Dressing



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 23 October 2012

Categories: Vegetarian



## Ingredients

- 8 eggs, almost hard boiled and peeled
- 2 tomatoes, seeded and chopped
- ½ red onion, finely chopped
- ½ clove garlic
- 1 tbsp white wine vinegar
- 1 tbsp extra virgin olive oil
- Sugar and pepper to taste
- 16 bamboo skewers

Method

- 1. Place tomato, onion, garlic, vinegar and oil into a food processor and blend until smooth, season with sugar and pepper.
- 2. Cut the eggs in half longways and pierce a skewer through each of the halves.
- 3. Place into a bowl and serve with the tomato dressing on the side for dipping.

Notes

raw baby carrots, celery sticks and or other vegetables for a healthy snack or a great addition to any barbeque

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
200g	817kj 195kcal	12.4g	13.6g	3.1g	4.9g	4.1g	125mg	1.4g

All nutrition values are per serve.