

Layered Egg Sandwich Served in a Glass



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★☆☆☆

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Categories: Breakfast Recipes, Lunch Recipes, Vegetarian



Ingredients

- 2 hard boiled eggs, peeled and cut into quarters
- 1 Lebanese cucumber, peeled, de-seeded and diced
- 2 thick slices of wholegrain bread, toasted
- 160g reduced fat ricotta cheese
- 1/8 bunch of each finely chopped herbs (chives, parsley, dill, mint)
- Pepper, to taste

Method

1. Tear the bread into bite size pieces and place into the oven or under the grill until toasted and slightly crunchy, turning occasionally.
2. Stir the herbs into the ricotta and season with pepper to taste.
3. Divide the cucumber in the bottom of two glasses followed by the bread chunks, ricotta and boiled egg.

Notes

Replace cucumber with tomato or add diced ham.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
283g	965kj 231kcal	16.8g	9g	3g	18.7g	5.2g	324mg	3.7g

All nutrition values are per serve.