

# Authentic Russian Egg Salad



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Meals for One



## Ingredients

- 6 eggs
- ¼ cup light sour cream
- ¼ cup low fat yoghurt
- 1 tsp Dijon mustard
- 1 small garlic clove, crushed
- 2 tbsp chopped char grilled or roasted red capsicum (available from the deli or supermarket)
- 1 tbsp chopped chives, plus extra to garnish
- 8 slices rye bread

## Method

1. Place the eggs into a saucepan and cover with water. Cover and bring to the boil, and when it begins uncover and start timing for 10

minutes.

- 2. Drain and cool under cold water, then peel. Roughly chop the eggs.
- 3. Combine the sour cream, yoghurt and mustard until smooth.
- 4. Stir in the chopped egg, chives and chargrilled or roasted capsicum.
- 5. Pile onto the rye bread as an open sandwich. Sprinkle with extra chives.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
192g	1470kj 351kcal	17.8g	12.4g	4.4g	39g	4g	455mg	5.3g

All nutrition values are per serve.