

Super green salad & egg bowls



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Preparation 30 mins | Serves 4

- 1 cup mixed quinoa
- 4 free-range eggs, at room temperature
- 100g baby spinach leaves
- 2 Lebanese cucumbers, sliced
- 2 sticks celery, thinly sliced
- 2 green onions (shallots), trimmed and thinly sliced
- 2 medium just-ripe avocados, peeled, deseeded and sliced lengthways
- ½ cup pepitas

Tarragon & yoghurt dressing:

- ½ cup Greek-style natural yoghurt
- ¼ cup mayonnaise
- 2 tbs lemon juice
- 2 tbs finely chopped fresh tarragon
- 1 garlic clove, finely minced

STEP 1 Cook quinoa following packet directions. Set aside to cool.

STEP 2 Boil eggs in a small saucepan of simmering water for 5 minutes (for soft boiled). Drain, rinse in cold water and peel eggs.

STEP 3 To make tarragon & yoghurt dressing, whisk all ingredients in a bowl until well combined. Season with sea salt and pepper to taste. Chill until ready to serve.

STEP 4 To serve, arrange quinoa, spinach, cucumbers, celery, green onions and avocados in shallow serving bowls. Halve boiled eggs lengthways and top each bowl with an egg. Drizzle with the dressing, sprinkle with pepitas and serve.