

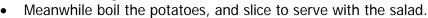
Egg Salad

Serves 10

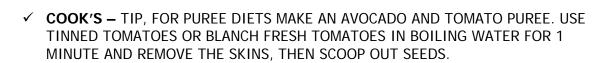
Ingredients	
10 eggs	16og mayonnaise
2 (6og) stalks of celery	3 tbsp (45g) chopped fresh dill
220g cucumber, sliced	10 slices wholemeal bread
1 (145g — w/out skin, stone) avocado	18 (720g) new potatoes
3 medium (255g) tomatoes	

METHOD:

- Peel and de-stone the avocado, roughly chop the dill, prepare the rest of the salad ingredients into small bite size pieces.
- Mix together celery, avocado, cucumber, tomato, dill and mayonnaise.
- Hard boil eggs, peel and cut into sixths, mix together.



• Serve the dish with bread.



- ✓ FOR EGG FREE DIETS, OMIT EGGS AND MAYONNAISE, USE MUSHROOMS OR TOFU
 INSTEAD O F EGGS AND HEINZ SALAD CREAM
- ✓ FOR VEGETARIAN DIETS CHECK I F EGGS ARE EATEN, I F NOT FOLLOW ADVICE FOR EGG FREE DIETS

Nutrition analysis per serving									
Energy (kcals)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)		
366	12.9	22.6	29.6	3.2	8.0	2.6	102		

