

Egg and Antipasto Salad



Serves:

4 people

User Rating:



Publication:

9 October 2013

Categories:

Quick & Easy, Dinner Recipes, Lunch Recipes, Vegetarian



Ingredients

- 4 eggs
- 1 large bunch rocket, trimmed
- 400g can artichoke hearts, drained and quartered
- 1/3 cup pitted Kalamata olives
- 100g chargrilled capsicum, cut into thin strips (from a jar or from the deli)
- 200g grape tomatoes, halved
- ½ red onion, finely sliced lengthways
- 400g can cannellini beans, rinse and drained
- 1 ½ tbsp extra virgin olive oil

- 3 tsp white balsamic vinegar (or white wine vinegar)
- ½ tsp Dijon mustard
- 2 tbsp shredded basil

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. Drain and cool under cold water, then peel.
2. Arrange the rocket, artichokes, olives, capsicum, tomatoes, onion and beans into shallow bowls or onto plates. Cut the eggs into quarters and arrange on top.
3. Whisk the oil, vinegar and mustard together with a fork. Drizzle over the salads, then sprinkle the basil over.
4. Season with freshly ground black pepper.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
302g	1080kj 258kcal	13g	16.2g	2.9g	11.3g	5.1g	663mg	9.3g

All nutrition values are per serve.