



Egg and Greens Salad Bowl

Makes 2

Ingredients

- 4 eggs
- 2 cups of spinach
- 200gm cucumber
- 60gm of goats cheese
- 16 baby tomatoes
- 16 olives
- ½ - 1 avocado (depending how much you like)
- 100gm of the coles shredded coleslaw mix (beetroot, zucchini and carrot)
- Olive oil to drizzle

Recipes

1. Poach the 4 eggs until your desired texture and leave to cool.
2. In each bowl place half of the spinach, 100gm of cucumber, 30gm of goats cheese, 8 baby tomatoes, 8 olives, half the avocado and 50gm of the shredded coleslaw mix.
3. Top with the eggs once cool and drizzle olive oil.

