

RECIPES

Egg And Cress Dip

Prep: 5 mins + cooling

Cook: 7 mins

Serves 4

Ingredients

6 large Lion Quality eggs
4 tbsp low fat mayonnaise
50g/2oz watercress, chopped
salt and freshly ground black pepper
pitta bread, carrot sticks
breadsticks etc to serve



1. Place the eggs in a medium pan of cold water. Place on the hob and slowly bring to the boil. When boiling simmer for 7 mins. Then drain, rinse in cold water and tap the shells all over, leave to cool.

2. When cold peel away the shells. Roughly chop the eggs and mix with the mayonnaise, watercress and seasoning. Spoon into small tubs and chill until required.

Recipe from Easy Eggs series at www.eggsedu.org.uk