

## RECIPES

### Tuna & Egg Paté

Prep: 5 mins

Cook: 7 mins

Serves 4-6

#### Ingredients

4 large Lion Quality eggs  
1 (200g) can tuna in brine,  
drained  
1 (200g) carton low fat soft  
cheese  
a squeeze of lemon juice to taste  
salt and freshly ground black  
pepper  
3tbsp chopped fresh parsley  
(optional)  
melba toast to serve



1. Place the eggs in a small 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. When cold, peel away the shells.

2. Place the eggs in a food processor with the tuna and cheese. Blend on the pulse setting until a rough textured paté forms. Season with the lemon juice, salt and pepper and stir in the parsley, if using. Spoon into small ramekins and serve chilled with melba toast.

Recipe from Easy Eggs series at [www.eggsedu.org.uk](http://www.eggsedu.org.uk)