

## ZESTY BROCCOLI AND EGG SALAD

**Preparation Time:** 10-20 minutes depending on amount

**Cooking Time:** 8-15 minutes depending on amount

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
<b>Ingredients:</b>				
Broccoli, fresh, florets	1 Cup	2 Cups	3 Cups	4 Cups
Leeks, trimmed, split and well rinsed	½ Medium	1 Medium	1½ Medium	2 Medium
Lemon juice, fresh	2 Tbs.	4 Tbs.	6 Tbs.	8 Tbs.
Olive oil	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Honey, clear	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Eggs, hard boiled	2 Large	4 Large	6 Large	8 Large
Black pepper, freshly ground	To taste	To taste	To taste	To taste

*Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.*

### Instructions:

- Cut the broccoli into florets and thickly slice the stems and the leeks. Put the broccoli in the top of a steamer, cook for 5 minutes, and then add the leeks and cook for a further 2-4 minutes.
- Mix together the lemon juice, oil and honey in a salad bowl.
- Shell and roughly chop the eggs.
- Add the broccoli and leeks to the lemon juice dressing, toss together and top with the chopped eggs.
- Garnish with tarragon sprigs, and freshly ground black pepper.
- Serve warm.

### Tips to Reduce Preparation & Cooking Time:

- Cook the broccoli and leeks in the microwave instead of steaming them to reduce cooking time.
- Prepare the salad dressing in advance and keep it in the fridge to be used when necessary.
- Use bottled lemon juice instead of fresh lemon juice to reduce the preparation time.

<b>Zesty Broccoli &amp; Egg Salad - Analysis per Serving</b>	
<b>Energy:</b>	
Calories (kcal):	201
<b>Protein (g):</b>	9.0
<b>Total Fat (g):</b>	13.5
Saturated Fat (g):	2.7
Monounsaturated Fat (g):	7.9
Polyunsaturated Fat (g):	1.5
<b>Omega-3's (g):</b>	0.3
<b>Cholesterol (mg):</b>	210.0
<b>Carbohydrates (g):</b>	13.2
Of which is sugars (g):	4.1
<b>Fiber (g):</b>	3.0
<b>Sodium (mg):</b>	88.0