



CRUNCHY & SPICY EGG SALAD

Golden, soft eggs combine with a crunchy mix of jalapeño, celery, red onion and almonds in this punchy twist on a classic egg salad. Cottage cheese and mango chutney bring creamy sweetness, while crisp lettuce leaves keep it fresh and light. Quick and easy to make, it's perfect for a light lunch on the go.

Prep time 10 minutes | Cook time 7 minutes | Serves 2

4 Burford Buff eggs
½ jalapeño
2 celery
½ small red onion
25g almonds
50g All Things cottage cheese
1 tbsp mango chutney
2 tsp lemon
1 tsp mustard
Endive or little gem to serve
Nigella seeds (optional), to serve

Drop the eggs into a small saucepan of boiling water and simmer for 7 minutes, then turn off the heat and let sit for a further minute. Transfer to a bowl of ice water to cool.

Meanwhile, deseed and finely chop the jalapeño and celery. Peel and finely chop the onion and chop the almonds.

Peel the eggs and cut them in half. Transfer the yolks to a bowl and mash together with the cottage cheese, mango chutney, lemon juice, mustard and a good pinch of salt and pepper. Add the jalapeño, celery, red onion and almonds.

Chop the egg whites and mix into the bowl. Season to taste and serve on endive, sprinkled with nigella seeds, if using.



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