



CURRIED EGG ROLL

For a simple lunch packed with protein, give this curried egg sandwich recipe a try. This is a low calorie high protein lunch that will keep hunger pangs well and truly at bay. Great for a nutritious lunch on the go or kids lunch boxes. Make extra filling - it will keep in the fridge for up to 5 days and you can assemble the sandwich in minutes when needed.

2 portions

INGREDIENTS

- 3 large eggs (150 g)
- 1 tsp of spices, curry powder (2 g)
- 1/2 tbsp of yoghurt, Greek, plain, nonfat
- 1/2 tbsp of mayonnaise whole egg (7 g)
- 1 cup of baby spinach, raw (30 g)
- 4 slices of bread, wholegrain (128 g) or 2 bread rolls, wholegrain (86 g)

COOKING METHOD

- 1° Cook eggs until hard boiled, roughly 8 minutes. Shell hard boiled eggs, place into a bowl and smash with a fork.
- 2° Add curry powder, mayonnaise and yoghurt and stir until combined.
- 3° Spread mixture onto bottom of two rolls. Add spinach and place roll top on.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (156 g)	% DRI
ENERGY	169 kcal	263 kcal	13 %
FAT	6 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	15 %
CHOLESTEROL	180 mg	280 mg	93 %
SODIUM	262 mg	408 mg	17 %
CARBOHYDRATE	17 g	26 g	9 %
SUGARS	3 g	4 g	—
FIBER	2 g	3 g	13 %
PROTEIN	11 g	17 g	—