

Stuffed egg salad

Serves 2

Ingredients

2 eggs at room temperature

¼ cup finely diced cucumber, deseeded

¼ red capsicum, deseeded and finely diced

1 tablespoon plain, unsweetened yoghurt

pinch curry powder

pinch salt

freshly ground pepper to taste

1 cup torn lettuce

½ tomato, sliced into wedges

¼ cucumber, thinly sliced

parsley sprigs for garnish

Method

1. To hard boil eggs, fill a medium saucepan with water. Bring to the boil, then carefully lower eggs into water with a large spoon.
2. Boil eggs for 8 minutes.
3. Meanwhile, place cucumber and capsicum in a bowl.
4. Once eggs are cooked, turn off the heat and carefully remove them from the pot using a slotted spoon, and place them in a bowl of cold water and allow to cool.
5. Peel eggs by cracking and removing the shells under running cold water. Then slice in half on the long side.
6. Carefully scoop out egg yolks using a teaspoon and place in a bowl. Place empty egg whites on a board.
7. To egg yolks, add cucumber, capsicum, yoghurt, mustard, salt and pepper, then mix until smooth.
8. Fill egg whites with spoonfuls of yolk mixture.
9. Divide lettuce, tomato and sliced cucumber onto serving plates, then top with two egg halves each. Garnish, then serve.

Variations

- Use a pinch of mustard powder in place of curry powder.
- Add ½ teaspoon of freshly chopped herbs, e.g. parsley or chives to egg mixture.



Equipment

- 3 bowls
- Cutting board and knife
- Large spoon
- Measuring cups
- Measuring spoons
- Medium saucepan
- Slotted spoon
- Teaspoons

Preparation and cooking skills

Boil, cut, dice, mix, peel, slice, use herbs and spices to flavour dishes, deseed.

Nutrition

- Eggs provide our bodies with protein and vitamins which help to form healthy muscles, hair, nails and skin.

Serving suggestion

- Serve with a bread roll or ½ cup cooked couscous.

What does it **look** like?

Appearance



translucent

colourful

opaque

fresh

rustic

moist

large

dull

green

bright

dry

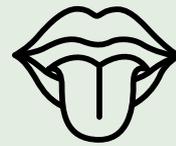
mouth-watering

golden

oily

What does it **taste** like?

Taste/flavour



spice

pepper

cheese

bland

garlic

nutty

burnt

savoury

smoky

mild

sour

salty

tangy

citrus

strong

sweet

What does it **smell** like?

Aroma/smell



herbs

fruity

subtle

strong

fragrant

minty

savoury

citrus

pungent

old sock

sweet

garlic

burnt

What does it **feel** like?

Texture



rubbery

tender

dry

crunchy

crispy

chewy

flaky

smooth

juicy

soggy

al dente

stodgy

dry

runny

creamy

mushy

crumbly

lumpy

Evaluation

Name:

Name of food product:

How much did you like the **taste** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like the **appearance** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like **texture** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

Add a photo of your food product here

What went well?

What did not go well?

What could be improved?

Food skills

Boiling eggs

Boiled eggs are cooked whole in their shells. Hard-boiled eggs are cooked so that the egg white and egg yolk are both solid. There are two methods for boiling eggs; hot water method and cold water method. The hot water method allows for accurate timing and a consistent result; however, the shells are more likely to crack due to the sudden temperature change. The cold water method is more difficult to time and produce the desired result, however the shells are less likely to crack due to the gradual temperature increase.

Did you know

Over-cooking boiled eggs will produce a green ring around the yolk and they will smell of sulphur.

How to boil eggs

Hot water method

1. Use room temperature eggs.
2. Bring a saucepan of water to the boil.
3. Gently place the eggs in the boiling water and reduce to a simmer.
4. Simmer for required time to reach desired result (see below).

Cold water method

1. Place eggs in a saucepan of cold water.
2. Bring to the boil then reduce heat to a simmer.
3. Simmer for required time to reach desired result (see below).

Soft boiled eggs



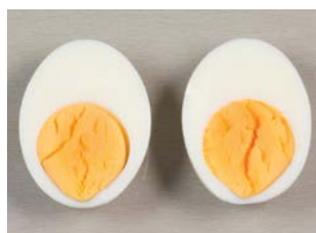
- 4½ minutes hot water
- 3-4 minutes cold water

Medium boiled eggs



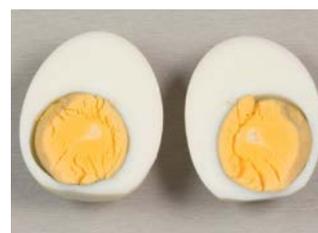
- 7 minutes hot water
- 5-6 minutes cold water

Hard boiled eggs



- 11 minutes hot water
- 8-10 minutes cold water

Over boiled eggs



- 15 minutes hot water
- 14 minutes cold water



Smoked fish kedgeree with peas (serves 4)

Ingredients

2 tablespoons oil
1 onion, chopped finely
2 carrots, diced finely
2 cloves garlic, crushed
2 tablespoons curry powder
2 cups cooked rice
1 cup milk
400g fresh or canned
smoked fish
2 cups cooked peas
2 tablespoons lemon juice
Pepper
4 hard boiled eggs, peeled
and quartered
1 lemon, cut into wedges

Method



Heat the oil in a pan over a low heat. Add the onion and carrot. Cook until soft and just beginning to brown.



Add the garlic and curry powder, cook for a minute.



Stir through the cooked rice. Add the milk and heat gently.



Fold through the fish, peas and lemon juice. Season with pepper. Serve with hard boiled eggs and lemon wedges.

For more recipe ideas and cooking tips visit
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