



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 | — |