

# Egg Salad

20	13	2-3
minutes	ingredients	servings

## Ingredients

- 4 hard boiled eggs
- 2 tbsp mayonnaise
- 1 tbsp dijon mustard
- 1 tbsp whole grain mustard
- 1 small red onion ★
- 85g chopped celery
- ½ bunch chopped parsley
- 1 small chopped green onion
- 1 tsp dried dill
- 150g chopped sun dried tomato
- 2 ½ tsp capers
- salt and pepper to taste

## Method

1. Finely dice the eggs or pass them through a wire rack.
2. Mix all ingredients together and serve on top of toasted bread or pita.

### Notes

★ I use lacto-fermented red onion if I have it.

Sometimes I'll put less egg but add meat in its place, like roasted chicken. You could also try with chickpea or some other legume.