



## Asparagus and Egg Salad

Serves 2

**Prep time:** 5 mins

**Cooking Time:** 7 mins

**Utensils:** thongs, saucepan, grater, board, serving plate, knife

### Ingredients:

1 egg, boiled  
12 asparagus spears, fresh  
1 tsp balsamic vinegar  
1 tsp capers  
1 lemon rind, grated  
1 tsp cracked pepper

### Method:

Boil the egg til just firm. Set aside to cool. Meanwhile place the asparagus onto a hot barbie to cook. Once they're brown place them on a serving plate and drizzle with the vinegar. Grate the egg over the top, then sprinkle the capers and lemon rind over. Lastly finish with cracked pepper.

Ingredient	Calories	Carb'	Protein	Fat	Sodium
1 egg	83	.1	6.9	6.1	59.2
12 asparagus spears	40	2.7	4.8	.2	2.7
1 tsp balsamic vinegar	3	-	.1	-	1.1
1 tsp capers	4	.8	-	-	68
1 tbls lemon rind	2	-	.1	-	.5
1 tsp cracked pepper	2	.2	.1	-	.2
<b>Total</b>	<b>134</b>	<b>3.8</b>	<b>12</b>	<b>6.3</b>	<b>131.7</b>

**Table is for 2 servings**

**Per Serve:**

Calories – 67

Carb – 1.9

Protein – 6

Fat – 3.1

Sodium – 65.85