

# Avocado and Egg Salad

**Calories:** 0 kcal

**Servings:** 1

**Time:** 0 Mins

## Ingredients

- 1.00 whole Avocado
- 2.00 tsp Dijon Mustard
- 2.00 whole Eggs
- 15.00 ml Flaxseed Oil
- 1.00 clove Garlic
- 100.00 g Mixed Lettuce
- 2.00 g Salt and Pepper (to season)
- 0.25 cup Sour Cream

## Instructions

1. Boil saucepan with salt and add eggs, hard boil for around 8-10mins (depending on how soft you like them).
2. Make the dressing by mixing the sour cream, crushed garlic and dijon mustard and season with salt and pepper.
3. Place the greens in a serving bowl and mix with the dressing. Halve, deseed, peel and slice the avocado and place on top of the greens.
4. Add the quartered eggs and season with more salt and pepper to taste.