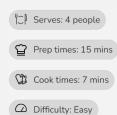
Smoked Salmon and Chickpea Salad





Ingredients

- 4 eggs
- 1 small red onion, cut into thin wedges
- 400g can chickpeas, rinsed, drained
- 2 Lebanese cucumbers, halved lengthwise, seeded, thinly sliced
- 1 bunch red radishes, trimmed, cut into wedge
- 100g baby spinach
- 2 x 175g packets hot-smoked salmon, skinned, flaked

Tarragon dressing

- 2 tablespoons lemon juice
- 2 tablespoons finely chopped tarragon
- 1 teaspoon ground cumin
- 1 teaspoon brown sugar
- 60ml (¼ cup) olive oil

Method

- 1. Cook eggs in a saucepan of boiling salted water for 5 minutes for soft-boiled (7 minutes for hard-boiled).
- 2. Drain and refresh in iced water. Drain again. Peel eggs while still warm and set aside.
- 3. Meanwhile, to make dressing, whisk all ingredients in a small bowl until combined.
- 4. Place onions, chickpeas, cucumbers, radishes, spinach and salmon in a large bowl with half of the dressing. Season, then toss gently to combine.
- 5. Divide salad among plates. Tear eggs in half and place on salad. Drizzle with remaining dressing to serve.



Notes

- The Australian Egg Corporation states you can eat up to six eggs a week as part of a healthy balanced diet without increasing the risk of heart disease (including people with type 2 diabetes, cardiovascular disease or metabolic syndrome).
- Eggs are a nutrient-dense food. They contain a high percentage of vitamins and minerals and are low in fat.
- Eggs also provide the highest quality protein of all food sources, as well as omega-3 fats and 11different vitamins and minerals.

