





Smoked Salmon and Chickpea Salad



 Serves: 4 people

 Prep times: 15 mins

 Cook times: 7 mins

 Difficulty: Easy

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 11 different vitamins and minerals.