

Breakfast Salad



This recipe is very forgiving – mix and match to suit your taste. Add leftover baked beans, brown rice, roast veggies, fruit, fresh ricotta or feta; and toss everything in a simple yoghurt vinaigrette.

50g edamame
50g small green beans
2 tbsp natural yoghurt
1 tbsp apple cider vinegar
1 tbsp extra virgin olive oil
sea salt and pepper
100g mixed rocket, baby spinach or mixed leaves
2 tbsp dill and/or mint leaves
12 cherry tomatoes, halved
1 avocado, halved, stoned and sliced lengthwise
1 lemon or lime, finely sliced
2 tbsp almonds
2 tbsp goji berries
4 soft-boiled eggs, unpeeled

1. Cook the edamame and green beans in simmering salted water for three minutes or until tender. Drain and pod the edamame, discarding the pods.
2. To make the dressing, whisk the yoghurt, vinegar, olive oil, a dash of water, sea salt and pepper in a large bowl, adding one tablespoon of water if it's too thick.
3. Add the mixed leaves, half the herbs and cherry tomatoes and lightly toss. Arrange on four plates, top with sliced avocado, sliced lemon, almonds and goji berries.
4. Cut the eggs in half through their shells. Nestle two egg halves in each salad, drizzle with any remaining dressing, scatter with sea salt, pepper and remaining herbs, and serve.

Serves 4