



EGG AND WATERCRESS DIP

Sick of sandwiches? Why not replace them with some delicious egg and watercress dip accompanied by some pitta and/or vegetable sticks? So simple and quick to make, and delicious too.

A great idea for an after-school snack.



Recipe & image supplied by the British Egg Information Service
www.eggrecipes.co.uk

Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; chop using bridge/claw safely; use a vegetable peeler safely; shell an egg; mash; use a hob (with adult supervision); season to taste.

Equipment: Saucepan, spoon, fork, bowl

Allergens*: Wheat | Gluten | Eggs | Milk | Mustard | May contain Sesame & Soya (pitta bread)

Ingredients (makes 8 portions):

- 6 large British Lion eggs
- 4 tbsp low fat mayonnaise
- 50g watercress, chopped
- Black pepper, to taste
- pitta bread/breadsticks/vegetable sticks, to serve.

Method

1. Place the eggs in a medium pan of cold water.
2. Place on the hob and slowly bring to the boil.
3. When boiling simmer for 7 minutes.
4. Then drain, rinse in cold water, and tap the shells all over, leave to cool.
5. When cold peel away the shells.
6. Roughly chop the eggs and mix with the mayonnaise, watercress and seasoning.
7. Spoon into small tubs and chill until required.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

EGG AND WATERCRESS DIP Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

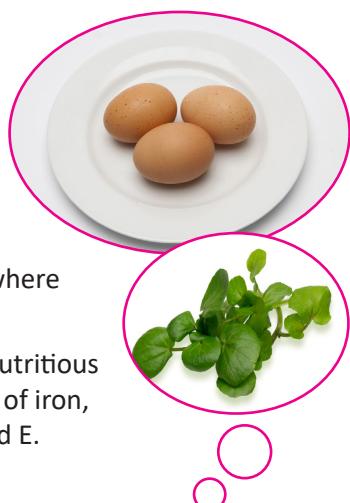
- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Egg and Watercress Dip ...

Eggs are an excellent source of protein, vitamins and minerals. Protein is essential for building and repairing our bodies.

Mayonnaise can be high in calories. Use small amounts and choose low fat options where possible.

Watercress is an incredibly nutritious salad leaf. It is a good source of iron, calcium and vitamins A, C and E.



Energy, sugar, fat and salt per serving

Per 127g serving (including wholemeal pitta)

ENERGY
1157kJ / 275kcal

14%

FAT
7.8g

11%

SATURATES
1.7g

9%

SUGARS
1.9g

2%

SALT
1.1g

18%

% of an adult's reference intake
Typical values per 100g : Energy 911kJ / 217kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.