

# Egg and Lettuce Sandwich

Makes 1

## Ingredients

- 2 slices wholegrain or wholemeal bread
- 1 egg, hard boiled (boil for 5 minutes)
- 2 teaspoons mayonnaise
- 2 iceberg lettuce leaves, shredded

## Optional

Add a teaspoon of curry powder to the egg mixture for curried egg sandwich.



## Method

1. Peel egg and add to a small mixing bowl.
2. Add mayonnaise to egg and mash with a fork.
3. Spread egg mixture onto one slice of bread.
4. Add shredded lettuce.
5. Top with second slice of bread and cut in half or into triangles