THE LIGHTER PLATE METHOD

Avocado & Boiled Egg Pâté

A creamy, protein-rich pâté good on toast or with crudités.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**4**	**EASY**

Ingredients

- 2 avocados
- 2 eggs (hard-boiled)
- 10 ml lime juice
- 1 tbsp flat-leaf parsley (chopped)
- 1 tbsp chives (chopped)
- 1 tsp olive oil
- 1 pinch sea salt and black pepper

Method

1. Mash the avocado in a bowl.
2. Chop the boiled eggs finely and stir through.
3. Add the lime juice, herbs, olive oil, salt and pepper and mix well.

Tips & swaps

- Good on rye toast or with vegetable sticks.

Storage & reheating

Best eaten fresh; keeps a few hours in the fridge with cling film pressed onto the surface.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
190	**7g**	**5g**	**16g**	**5g**

Estimated values, for guidance only. Contains: Egg.