THE LIGHTER PLATE METHOD

Nordic Open Sandwich with Egg & Dill

Cool, crunchy and clean-tasting, in the Scandinavian breakfast style.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**7 min**	**12 min**	**2**	**EASY**

Ingredients

- 4 slices rye bread
- 4 eggs
- 0.5 cucumber (thinly sliced)
- 1 small handful fresh dill
- 4 tbsp natural yoghurt
- 4 radishes (thinly sliced)

Method

1. Lower the eggs into boiling water and cook for 7 minutes. Drain, cool under cold running water and peel, then slice.
2. Season the yoghurt with salt and pepper and spread it over the rye bread.
3. Layer on the cucumber and radish slices, overlapping them.
4. Arrange the egg slices on top, season again and finish with plenty of dill.

Tips & swaps

- Seven minutes gives a set-but-tender yolk that slices cleanly. Cool the eggs quickly in cold water or you get the grey ring around the yolk.

Storage & reheating

Best assembled fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
280	**18g**	**26g**	**12g**	**5g**

Estimated values, for guidance only. Contains: Egg, Gluten, Milk.