

# BLAT Bowl

## INGREDIENTS

8 eggs  
200g mixed baby tomatoes, halved  
1 teaspoon white Italian dressing  
2 teaspoons extra virgin olive oil  
1 tablespoon finely chopped fresh chives  
1 teaspoon black chia seeds  
1 avocado, quartered  
8 rashers streaky bacon  
3 baby gem lettuces, leaves separated  
6 baby cucumbers, halved  
1/3 cup sauerkraut

## DRESSING

50g smooth feta  
1/2 cup fresh basil leaves  
2 tablespoons chopped fresh chives  
1 teaspoon finely grated lemon rind  
1 1/2 tablespoon fresh lemon juice  
1 tablespoon white Italian dressing

## METHOD

Place eggs in a small saucepan and cover with cold water. Bring to a rolling boil over high heat. Remove from heat. Stand, covered, for 4 minutes. Cool in iced water for 5 minutes. Peel eggs. Halve.

Meanwhile, for the dressing, blend all the ingredients in a blender until smooth and well combined. Season.

Combine tomato, white Italian dressing and 1 tsp oil in a bowl. Season. Set aside to develop the flavours.

Combine chives and chia seeds on a plate. Press cut side of avocado into chive mixture. Set aside.

Heat the remaining oil in a small frying pan over medium-high heat. Cook bacon, turning, for 4 minutes or until golden and crisp. Transfer to a plate lined with paper towel to drain.

Arrange lettuce, qukes, sauerkraut, tomato mixture, egg, avocado quarters and bacon in a large bowl. Drizzle with dressing.



Serves: 1

Prep: 5 mins

Recipe: F45