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

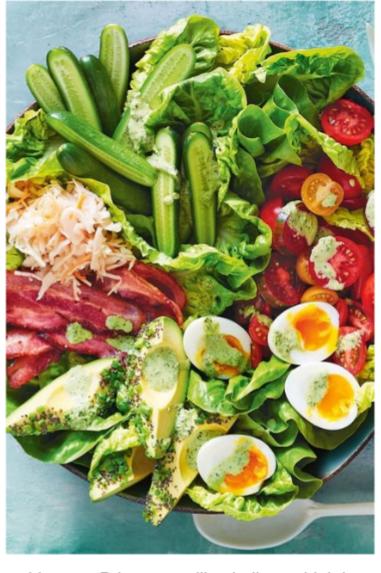
DRESSING

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