

Benedict Salad

Here's what you'll need:

A handful of fresh Spinach or Salad Leaves.
1 Fresh Roma Tomato.
1 Scallion/Spring Onion.
2 Slices Ham/Bacon.
1 Soft Boiled Egg.
Croutons (You can use bought croutons or make your own from left over bread).
Fresh Herbs.
Seasoning.

Lemon Mayonnaise Dressing.

1 Tablespoon of good quality Mayonnaise.
Juice from 1 Lemon.
Seasoning.

Place an Egg in a pan of cold water and bring to the boil.
Reduce heat for 1 minute and simmer.
Turn the heat off and leave the Egg in the water.

Place the Salad Leaves/Spinach on the plate.
Add the sliced Tomato and Spring Onion.
Add any other salad items you would like to the plate.
Slice or cube the Ham and sprinkle over.

In a small bowl mix together the juice from a Lemon and a tablespoon of Mayonnaise.
Mix until combined.
The Mayonnaise needs to have a lemony taste so you may need to add more or less juice depending on the strength of flavour of the Lemon. Season to taste.

Remove the Egg from the pan of water and place under running cold water for a minute.
Remove the shell from the egg.
Slice and place on the plate.
Add a small handful of Croutons and drizzle over the Lemon Dressing.
Sprinkle with freshly chopped Herbs and a little Seasoning.

Enjoy.