Hard-Boiled Egg Chickpea Salad

Four cold salad plates with bread · Active 30 min · Total 1 hr

Skills: Cooling hard-boiled eggs promptly and folding a crisp vegetable salad without crushing the egg pieces

Ingredients

- 6 large eggs
- Water to cover eggs in the saucepan, plus cold water for cooling
- 1 can cooked chickpeas, 15 oz/425 g net, drained and rinsed (240 g drained)
- 3 cups finely shredded cabbage (200 g trimmed weight)
- 2 medium carrots, grated (150 g trimmed weight)
- 1/2 cup plain yogurt (120 g)
- 1 tablespoon prepared mustard (15 g)
- 1 tablespoon cider vinegar (15 ml)
- 1/4 teaspoon black pepper (0.5 g)
- 8 small slices bread (about 7 oz/200 g)

Set out

Saucepan with lid, Cold-water bowl and slotted spoon, Knife, board and grater, Large mixing bowl and spoon

Allergens

egg, milk, wheat, mustard. Check labels and substitutions.

Make it

1. Cover eggs with cold water in the saucepan. Bring to a gentle boil, reduce to a quiet simmer and cook for 12 minutes until whites and yolks will be firm. Transfer to cold water for 10 minutes, refreshing water as needed. Peel and quarter. Refrigerate briefly while finishing vegetables if eggs are still warm.

2. Mix yogurt, mustard, vinegar and pepper in the large bowl. Fold in drained chickpeas, finely shredded cabbage and grated carrot.

3. Gently fold in cooled egg quarters. Divide into four plates, sharing six egg quarters per person. Serve each with two small bread slices, keeping salad cold until serving.

Cold lunch needs a cold route

A lid prevents spills, not warming. Keep this egg-and-yogurt salad cold during transport as well as before serving.

Ingredient labels

Eggs supply egg, yogurt supplies milk, bread supplies wheat and mustard is present. Some mustard and bread contain further allergens such as sesame or soy; check actual labels.

A useful detail

The 60-minute total includes heating water, a full egg simmer, cold-water cooling, peeling and chopping; it is not a 15-minute raw-egg-to-cold-salad promise.

Keep it well

Refrigerate salad at 40°F/4°C or below and use within 2 days. Keep the total time outside refrigeration under 2 hours, or 1 hour above 90°F/32°C. If carried elsewhere, use an insulated bag with enough frozen cold packs to keep it refrigerator-cold. Do not freeze this dressed egg salad. Keep bread separately dry.