Hummus Egg and Radish Snack Plate

2 substantial snack plates, each 2 eggs,60 g hummus,80 g radishes and 1/2 small pita · Active 20 min · Total 45 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 4 large eggs (200 g edible contents before cooking)
- About 4 cups drinking water to cover eggs (1 liter), plus clean cold water and ice for chilling
- 1/2 cup commercial plain hummus (120 g)
- About 1 bunch radishes, washed and trimmed (160 g edible radishes)
- 1 small whole-wheat pita (60 g)

Set out

Small saucepan with lid, Bowl for ice water, Slotted spoon, Knife and board, Kitchen scale, 2 plates or divided food containers

Allergens

Egg, Wheat, Sesame is commonly present in hummus; check the actual tub for this and other allergens. Check labels and substitutions.

Make it

1. Place eggs in one layer in the saucepan and cover with cold drinking water by about 1 inch/2.5 cm. Bring to a full boil. Cover, remove from the heat and leave for 12 minutes for large eggs; adjust if necessary so yolks and whites are both firm.

2. Transfer eggs immediately to clean ice water and chill for 10 minutes. Peel with clean hands. Halve one to confirm a firm yolk and white; if it is not fully firm, do not use this timing to pack the others. Use reliably fully hard-cooked eggs for the plates.

3. Wash and trim radishes, cut into thin slices or small wedges and pat dry. Cut pita into wedges and divide it equally between 2 plates.

4. Give each plate 2 eggs,60 g hummus,80 g radishes and half the pita. Serve promptly or refrigerate in divided containers and keep cold during transport.

A useful kitchen skill

Hard-cook eggs to firm centers, cool promptly and measure the dip and bread as part of the actual portion.

A useful detail

The 45-minute total includes bringing cold water to a boil, the 12-minute covered standing stage,10-minute ice-water cooling and assembly. This plate has no extra oil, salt or decorative seeds.

Keep it well

Refrigerate assembled plates at 40°F/4°C or below and use within 2 days, or sooner if the hummus label or its original opening date requires. Carry with ice packs and keep cold. Discard perishables left unrefrigerated for more than 2 hours, or 1 hour above 90°F/32°C. Freezing the assembled plates is not recommended.