

Tzatziki Egg Mayo Rolls



Serves 4 Prep 5 mins

Cooking 10 mins

Easy

Ingredients

6 medium eggs
6 tbsp tzatziki
4 tsp butter, for spreading
8 mini wholemeal submarine rolls
2 handfuls watercress or other leaves

For the tzatziki (6 tbsp)

small tub low fat yoghurt
1/2 cucumber
a few drops of lemon juice

1. First, make the tzatziki: grate the cucumber and let it drain in a colander. Then squeeze out all the liquid and drain some more. Mix with the yoghurt and stir in a few drops of lemon to taste, some salt and pepper.
2. Cook the eggs in a pan of boiling water for 10 mins. Drain, then plunge into a bowl of ice- cold water to cool.
3. Peel and mash the eggs (I use a knife and fork), then mix with the tzatziki; season to taste with salt and pepper.
4. Butter, then fill the rolls with the egg mixture and top each with a little watercress. The egg filling will keep in a chilled airtight container for 2 days.