

Spinach, Ham and Egg Rollups

Serves: 4 (makes 16 small rolls)

Prep time: 10 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

4 hard boiled eggs, peeled
2 tablespoons mayonnaise
2 teaspoons Dijon mustard
4 pieces rectangular flatbread (e.g. mountain bread)
2 tablespoons hummus*
120g leg ham, lean, shaved
½ Lebanese cucumber, cut into long strips
1 ½ cups baby spinach leaves
**Hummus*
400g can chickpeas, drained and rinsed
½ lemon, juiced
1 small garlic clove
2 tablespoons olive oil
½ teaspoon ground cumin

Method

BLITZ hummus ingredients in a food processor until smooth.
PLACE eggs in a bowl. Add mayonnaise and mustard and mash with a fork.
SPREAD a thin layer of hummus over the flatbread.
ARRANGE ham in a row across the bottom third of each piece of flatbread.
SPOON egg mixture evenly across ham layer.
TOP with a row of cucumber strips and spinach leaves. Roll up firmly.
SLICE each roll into 6 pieces when ready to serve.



Everyday Food

Recipe courtesy of Katy Li, Country Kitchens team