

# THAI EGG SALAD

**Time: 20 minutes**

**Serves: 2**

### Ingredients:

2 tablespoons fish sauce  
2 tablespoons fresh lime juice  
2 teaspoons agave nectar or honey  
1 clove garlic - finely chopped or grated  
1 green Thai green pepper – very thinly sliced  
2 tablespoons extra-virgin coconut oil  
2 eggs  
4 cups green leaf lettuce – torn  
1 large carrot – julienned  
½ red onion – very thinly sliced  
½ cup cilantro stems and leaves – roughly chopped

### Preparation:

In a small bowl, whisk together the fish sauce, lime juice, agave nectar, garlic and Thai pepper then, set aside.

Place the coconut oil in a frying pan on medium-high heat. When the oil is very hot, crack the eggs into it. Cook for one minute then, carefully turn over and cook for thirty more seconds. Remove the eggs from the pan and set aside.

Toss the remaining ingredients in a bowl along with half the dressing.

Plate the salad topped with the eggs, drizzling the remaining dressing over top. Serve immediately.

### Nutritional Information Per Serving:

Calories: 189  
Fat: 14g  
Carbs: 11g  
Fibre: 1g  
Protein: 7g