



I'm slowly transforming my fridge to look like a mini salad bar. Small containers of this and that, endless combinations to keep salads at lunch interesting.

The twist on this recipe is the dressing which is the satay sauce. A total lunchtime game changer for me and something delicious for breakfast too!!

### INGREDIENTS FOR 1 SERVING

<p><b>Nutrition</b></p> <p>Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 387      Protein 24.6 g          Carbs 27.6 g      Fat 19.2 g          Sugar 6.8 g      Sat Fat 6.9 g          Fibre 4 g      Sodium 2.8 g</p> <p>Breakdown of calories per serving</p> <p>■ Protein ■ Fat ■ Carbs</p>	100g	Chickpeas (drained weight)
	2	Whole eggs
	12g	Peanut butter
	3g	Coconut oil
		Spray oil
	1/2	Garlic, crushed
	1/2	Red chilli
	1 tbsp	Dark soy sauce
	7.5 ml	Fish sauce
	35g	Cucumber, sliced
	35g	Peppers, sliced
	50g	Lettuce, shredded
	25 ml	Water
		Salt & Pepper

## METHOD

- Arrange your salad items onto a plate or into a plastic container leaving room for the scrambled eggs.
- Place a medium frying pan onto the heat and add 2-3 sprays of oil.
- Lightly beat the eggs into a bowl, pour into the warm pan and stir in a figure of 8 with a spatula until the eggs are almost set.
- Add the eggs to your container and put the frying pan back onto the heat.
- Slice the chilli setting half aside as a garnish.
- Add the coconut oil to the frying pan along with the drained chickpeas, chilli slices and crushed garlic.
- Stir fry for a minute to soften the garlic before adding the peanut butter and the water.
- Spend a moment dissolving the peanut butter into the water to make a sauce and as it comes to the boil add the dark soy sauce.
- When the sauce starts to thicken it's ready, just cook it out until you're happy with the thickness and remove the pan from the heat.
- Stir in the fish sauce before drizzling the satay chickpeas over your salad and eggs and garnish with the remaining chilli slices.

## NOTES

- Feel free to use the peanut butter of your choice, but I used Whole Earth Crunchy.
- I say to cook the eggs until they are almost set as they will continue to cook in the residual heat so the eggs stay creamy instead of turning dry and spongy.
- Batch cook the satay chickpea sauce for another lunch and substitute the scrambled eggs for tuna. I prefer to use tuna chunks in spring water (drained).