Quick Asparagus and Egg Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 4 asparagus spears
- 2 hard boiled eggs, quartered

- 1 large carrot
- 300g kidney beans
- 1 tbsp sesame seeds
- Juice of half a lemon
- 100ml natural yogurt

Instructions

1. Lightly boil the asparagus and carrot. Drain in cold water and set aside.
2. Mix the lemon juice with the yoghurt.
3. Dish up the veg and beans, sitting the egg quarters on top. Sprinkle over the seeds and spoon over the lemon yogurt dressing.