

Healthy Green Bean Salad with Soft-Boiled Egg & Hemp Seeds ?

SofiaVegana · 13/04/2025



Prep Time

10

Difficult

Easy

Servings

1-2

Description

A protein-packed, crunchy and colorful salad — perfect for lunch or a light dinner.

Ingredients

- 150g green beans, chopped and lightly steamed
- 2 soft-boiled eggs, halved
- ¼ red cabbage, thinly sliced
- 4 radishes, sliced
- A handful of baby spinach
- 1 tbsp hemp seeds
- Fresh basil or tarragon for garnish
- Olive oil, lemon juice, salt & pepper to taste

Instructions

1. Steam green beans until bright green and slightly tender. Let cool.
2. Arrange spinach on a plate. Add green beans, cabbage, radish, and halved eggs.
3. Sprinkle hemp seeds and herbs on top.
4. Drizzle with olive oil and a squeeze of lemon. Season to taste.
5. Serve fresh with crusty bread or as-is!