



🕒 Approximately **25 min**

🔥 **480 kcal** p.p.

👤 **2 persons**

### WHAT YOU NEED

- Zucchini: 3 pcs
- A box of 4 eggs: 1 pcs
- Flat parsley: 20 g
- Hemp seeds: 10 g
- Avocado: 1 pcs
- Lime: 1 pcs

### GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Garlic cloves: 1 pcs
- Apple cider vinegar: 1 tbsp.

### ALLERGENS



## PALEO SUMMER SQUASH SALAD WITH POACHED EGG AND HEMP SEED DRESSING

### INSTRUCTIONS

- Wash and dry flat parsley. Add hemp seeds, peeled garlic, flat parsley, a dash of olive oil and the juice of half a lime to your food processor. Pulse until smooth and season to taste with salt and pepper.
- In a pot, bring 1L water to a simmer. Carefully break an egg into a cup. Add the apple cider vinegar to the simmering water. Using a spoon, make a swirl in the water. In one movement, gently pour the whole egg into the water in the middle of the swirl. For a soft egg, poach for approx. 3 min. and 4 min. for a more firm egg. You can cook more eggs in the pot at the same time. Remove with a slotted spoon.
- Wash the zucchini. Cut them lengthwise into thinner slices. TIP: Use your vegetable peeler if you don't own a vegetable mandoline. Add the zucchini fettuccine to a bowl.
- Pit and peel the avocado. Drizzle with some lemon juice and cut into smaller cubes.
- In the bowl, combine zucchini, avocado and the hemp seed dressing. Season to taste with salt and pepper.

### SERVING

- Arrange the paleo summer squash salad with hemp seed dressing on plates and top with poached egg.