**Egg Sandwich**

Prep time: 5 min. Cook time: 5 min

**Ingredients:**

* 2 eggs, soft boiled
* ½ tsp mustard sauce
* ¼ tsp pepper powder
* A small pinch of salt (low sodium)
* 1 tsp thick curd
* 4 slice 100% whole wheat bread

**Instructions:**

1. Peel the soft-boiled eggs and finely mash them in a bowl.
2. Stir in the thick curd, mustard sauce, salt, and pepper with the mashed eggs until well combined.
3. Spread the egg filling evenly on two slices of whole wheat bread. Top with the remaining slices to form sandwiches.
4. Cut the sandwiches in half if desired, and serve at room temperature.