

1. Peel the eggs

- Gently tap the eggs and peel the shell.
- Place peeled eggs into the mixing bowl.
- Check for small bits of shell and remove them from the bowl.



2. Mash the eggs

- Mash the eggs with a fork until they are small pieces.
- Press gently with the fork on each egg and watch them change from whole to soft, small pieces.



3. Add the mayonnaise

- Get a small spoonful of mayonnaise and add to the eggs (you can add more if needed but can't take it away!)



4. Add cress and mix

- Sprinkle a bit of cress into the mixture.
- Stir all the ingredients together gently with a spoon until evenly mixed.



5. Eat

- Spoon the egg mix into small pots.
- Put chosen dippers around the dip.
- Dip chosen dipper into the dip and enjoy!



6. Clean up

- Tidy up your space.
- Throw rubbish in the bin.
- Wash your hands.

