

Classic Curried Egg Salad



Preparation time:	20 mins
Serves:	4 people
User Rating:	★★★★☆

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Sometimes the classics are all you need.

At only 20 minutes cook time, this Curried Egg Salad recipe is an excellent option at any time of day, on its own or as a side dish. With only 5 simple steps, anyone can whip up this meal with ease.

Discover the full recipe below.



Ingredients

- 6 extra-large eggs (approx. 59g each)
- ¼ cup (60g) whole egg mayonnaise
- 2 teaspoons mild curry powder
- 2 teaspoons lemon juice

- 2 tablespoons chopped parsley
- Salt and pepper to taste
- Thickly sliced white bread and watercress to serve

Method

1. Grease a shallow baking dish (4-cup capacity) that fits inside a large deep pan with a lid. Crack eggs into baking dish so that eggs are in a single layer. Place inside pan. Fill pan with enough water to come 1cm up the sides.
2. Cover with lid and cook over medium-high heat for 6-7 minutes. Turn off heat and let stand for 2-3 minutes with the lid on.
3. Transfer eggs to a chopping board. Coarsely chop with a sharp knife. Transfer to a bowl.
4. Stir in mayonnaise, lemon juice, curry powder and parsley. Mix well and season to taste with salt and pepper. Refrigerate until cold.
5. Serve on fresh white bread topped with watercress.

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Notes

Alternatively, use the traditional method for making hard boiled eggs:

1. Half fill a saucepan with cold water and gently lower the eggs into pan.
2. Heat over medium heat. Once the water reaches a simmer, start the timer for 8 minutes.
3. Use a slotted spoon to remove the eggs from the water.
4. Cool eggs by running them under cold water for 30-60 seconds or placing them in a bowl of iced water.

Egg salad can be made in advance. Store in a sealed container in the refrigerator for up to 2 days.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
147g	1270kJ 304kcal	13g	20.7g	4.7g	15.3g	1.3g	362mg	2.3g
Vitamin D								
6.2µg								

All nutrition values are per serve.