



THE WESTGATE CENTER | 6035 TN-100 | NASHVILLE TN 37205 | 615.928.8373

Curried Egg Salad with Salted Peanuts and Raisins

Serves 4

Prepare lunch for the week ahead with a batch of curried egg salad! Boiled “just enough,” the creamy eggs are combined with salty peanuts, plump raisins, and a curried mayo mixture that makes lunchtime something to look forward to. Serve with your choice of bread or crackers, or spoon a heap on top of romaine for an easy, satisfying meal!

Ingredients:

8 eggs
1/3 cup mayonnaise
1/2 tablespoon rice vinegar
1 teaspoon curry powder
1/2 teaspoon turmeric
1/4 teaspoon Kosher salt
1/4 teaspoon black pepper
2 green onions, chopped
1/2 cup roasted and salted peanuts, roughly chopped
1/2 red onion, diced
1 celery rib, diced
1 tablespoon fresh mint, chopped
2 tablespoons raisins, chopped
Crackers or whole grain toast

Directions:

1. Prepare the hard boiled eggs: Add the eggs to a saucepan and fill the saucepan with cold water, covering the eggs with about 1-2 inches of water. Bring the water to a boil. Once boiling, immediately turn off the heat, cover the pan with a lid, and let set for 9 minutes. Remove immediately from the hot water and place in an ice bath for several minutes. Once cool enough to handle, peel and chop the eggs.
2. In a large bowl, the chopped eggs, mayonnaise, rice vinegar, curry powder, turmeric, salt, and pepper until the eggs are coated.
3. Fold in the green onions, peanuts, red onion, celery, mint, and raisins until evenly combined. Add additional salt and pepper if desired.
4. Serve with hearty, toasted bread or crackers.