

Curried Egg Salad

CAL: 305 PROTEIN: 20 CARBS: 9 FIBRE: 6 FAT: 21



Curried Egg Salad



SERVES:

2



TIME:

15 minutes



INGREDIENTS

4 eggs
1.5 tbsp mayonnaise
1 tsp curry powder
2 dill pickles, diced
1 tbsp of dill chopped
Salt & pepper
4 iceberg lettuce leaves, shredded

INSTRUCTIONS

Place eggs in a large saucepan and cover with tap water. Bring water to boil. Once the water is boiling, cook the eggs for 6-7 minutes. You want them to be hard boiled.

Meanwhile, mix the mayonnaise, curry powder, pickles, dill, salt and pepper together in a medium size bowl.

Once the eggs are cooked, shell them and chop them into chunks. Add the eggs to the dressing and toss really well to combine.

Place 2 lettuce leaves on each plate and divide egg mix evenly between.

MACROS

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