



Mark's Kitchen

Curried Egg Salad (and how to make the perfect hard-boiled eggs)



READY IN
50 minutes



SERVES
4

This recipe from my new book, *Eat Fat, Get Thin* spices up standard egg salad with an Indian-style twist. Hard-

boiled eggs last up to a week in the refrigerator, so you can use them for a snack or to make this quick salad for lunch. And this week, we are including a cooking bonus: the best technique for easy-to-peel hard boiled eggs!

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– INGREDIENTS –

- 3 tablespoons white vinegar
 - 2 plus 1/4 teaspoons sea salt
 - 8 large omega-3 eggs
 - 1/2 cup organic [mayonnaise](#)
 - 2 tablespoons plus 2 teaspoons mild curry powder
 - 2 tablespoons fresh lime juice
 - 2-inch piece fresh ginger, peeled and finely zested (1 tablespoon)
 - 1/4 teaspoon freshly ground black pepper
 - 2 pinches cayenne pepper, or more to taste for added heat
 - 2 large ribs celery, trimmed and finely chopped
 - 1 small shallot, finely chopped
 - 2 tablespoons finely chopped cilantro leaves
 - 8 cups baby salad greens
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Step 1:

Start by hard-boiling the eggs. Fill a medium (3 to 4 quart) pot about half full with water. You will want enough water to cover the eggs once they are placed in the pot. Over medium-high heat, bring the water almost to a boil. Add the vinegar and 2 teaspoons of the salt, and then gently sub-merge the eggs into the water. To make it easy, use a slotted spoon or a long-handled flat mesh strainer. Turn the heat down to low, and simmer the eggs for 15 minutes.

Step 2:

While the eggs are simmering, prepare an ice bath. Fill a medium bowl half full with ice, then fill three-quarters full of cold water. Set it by the stove to chill the eggs when they are done simmering.

Step 3:

While the eggs are boiling and cooling, make the dressing. Add the mayonnaise to a medium bowl and stir in the curry powder, lime juice, ginger, remaining salt, pepper, and cayenne and mix until smooth. Then stir in the celery, shallot, and cilantro.

Step 4:

When the eggs are done cooking, remove from the pot and immediately place in the ice bath. Cool the eggs until cold. Refrigerate or use for the salad right away after peeling. Peel the eggs by cracking them all around on the edge of the sink and rolling them gently in your hands under running water. The shell should come right off.

Step 5:

Cut the eggs into eighths, then chop. Add the chopped eggs to the bowl with the dressing and mix gently. If the salad seems stiff (it will depend on the thickness of your mayonnaise), add a little water to make it softer and creamier. Start with 1 to 2 teaspoons and add until the salad is as creamy as you like.

Step 6:

Place 2 cups of salad greens on each of 4 dinner plates. Scoop 1/2 cup of the egg salad onto each plate and serve. Store leftover egg salad in a covered container in the refrigerator for up to 3 days.

📄 Nutritional analysis per serving

Nutritional analysis per serving (2 cups greens and 1/2 cup egg salad): calories 360, fat 33 g, saturated fat 6 g, cholesterol 495 mg, fiber 2 g, protein 16 g, carbohydrate 8 g, sodium 350 mg
