

Curry Egg Salad

Egg salad gets a facelift! This Curry Egg Salad is screaming with flavor. Perfect for lunches or a quick post-workout snack. Serve the eggs salad on a bed of greens, on top of cucumber slices or tucked into a crisp lettuce leaf.

🕒 Prep: 15 mins Total: 15 mins



Servings: 5 Servings

1x	2x	3x
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INGREDIENTS

- 8 hard-boiled eggs, chopped
- 1/3 cup shredded carrots
- 1/4 cup diced red onion
- 1/4 cup minced celery
- 2 tablespoons fresh cilantro, chopped
- 1/4 cup dry roasted cashews, chopped
- 1/4 cup raisins
- 1/4-1/3 cup mayonnaise
- 1 1/4 teaspoon curry powder
- 1/4 teaspoon ground turmeric (optional)
- 2 teaspoons fresh lime juice
- 1/4 teaspoon fine salt
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. In a medium bowl, mix together the mayo, curry powder, turmeric, lime juice, sea salt and pepper.
2. Add the remaining ingredient to the bowl and mix until combined.
3. Serve on top of a bed of greens, on top of cucumber slices or tuck salad into a lettuce wrap. May garnish with chopped green onions, cilantro, shredded carrots or cashews.

NUTRITION INFORMATION

Serving Size: 1/5 recipe **Calories:** 330 **Fat:** 28 g (**Sat Fat:** 5 g) **Sodium:** 400 mg
Carbohydrate: 10 g (**Fiber:** 1 g **Sugar:** 7 g) **Protein:** 11 g

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