



# EGGSALAD AMERICAN WAY

TIME: 22 MIN

SERVES: 4

Salatschwester | Your Salad Bestie 

## INGREDIENTS

- 4 eggs (small to medium size)
- 1 pickled cucumber
- 1 small bell pepper
- ½ stalk celery
- 4 tbsp mayonnaise (vegan or regular)
- 1 tbsp mustard
- ½ tsp salt
- 1 tsp curry powder
- 1 tsp agave syrup

## DIRECTIONS

- 1. Cook the eggs:** Boil the eggs in hot water until hard-boiled. Then rinse under cold water, peel, and dice into small pieces. Tip: I cook small eggs for about 7 minutes and medium eggs for 10 minutes.
- 2. Prepare the veggies:** Finely dice the pickle. Wash, dry, and remove the seeds from the bell pepper, then chop it into small cubes. Wash, dry, and finely slice the celery.
- 3. Mix the dressing:** In a bowl, whisk together mayonnaise, mustard, salt, curry powder, and agave syrup until well combined.
- 4. Combine everything:** Add the diced eggs and prepared veggies to the dressing and gently mix until everything is evenly coated.
- 5. Serve:** Enjoy the egg salad immediately, or let it sit in the fridge for about 60 minutes to allow the flavors to meld. The longer it rests, the more flavorful it gets.

## Notes

- ✓ **Add crunch:** Mix in chopped nuts (like almonds or cashews) or a handful of sunflower seeds for extra texture.
- ✓ **Boost the flavor:** A squeeze of fresh lemon juice or a dash of smoked paprika can add a nice depth of flavor.
- ✓ **Make it protein-packed:** Stir in some chopped cooked chicken or tofu for an extra protein boost.
- ✓ **Make it extra creamy:** Swap half of the mayo for Greek yogurt to keep it lighter while still creamy.
- ✓ **Try different textures:** Instead of chopping the eggs, mash them slightly with a fork for a smoother consistency.
- ✓ **Serve it your way:** Enjoy it on toast, in a sandwich, wrapped in a tortilla, or over a fresh salad for a low-carb option.