

Curried Apple Egg Salad Sandwich

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Makes 4-6 sandwiches.

Ingredients:

- 6 hard-boiled large eggs, chopped
- 1 cup apples, diced (Granny smith recommended)
- ¼ cup red onion, finely chopped
- ½ stalk celery, chopped
- ¼ cup cilantro or parsley
- 1/3 cup mayonnaise
- 1 tbsp fresh lime juice
- 1½ tsp curry powder
- 1 tsp old fashion mustard
- ¼ tsp salt
- Pinch of cayenne pepper
- Bread of your choice



Directions:

1. Hard-boil the eggs. Cool, run under water, remove the shells carefully. Chop or mash eggs into small chunks.
2. Wish mayo, lime juice, curry, mustard, salt and cayenne together in a large bowl. Add the eggs, apple, onion and cilantro or parsley, stir to combine.
3. Toast your bread and spread curried egg mixture on toast. Enjoy!