

Curried Egg Salad (Lettuce Wraps or Sandwiches)

Author: Brenna, Certified H.H.P. from Optimized Health Team

Servings: 2

Prep & Cook Time: 15 minutes

Ingredients

- 5 Organic Pastured Eggs
- 2 teaspoons Organic Coconut Oil (hexane free)
- 3+ Tablespoons Organic Mayo made with Avocado Oil
- 1/3 stalk Organic Celery, minced
- 4 Tablespoon Organic Green Onion (avoid white part), minced
- 1 Tablespoon Fresh Organic Cilantro, minced
- 2+ teaspoons Organic Curry Powder
- 1/2 large Avocado, sliced
- 2 large Organic Romain/Butter Lettuce Leaves, washed & patted dry OR 4 slices keto bread
- Dash Himalayan Pink Sea Salt
- Dash Organic Black Pepper
- Dash Organic Smoked Paprika

Instructions:

1. Carefully place eggs in a medium saucepan. Fill up the saucepan with enough water to fully cover the eggs.
2. Place the saucepan on your stove and set the temperature to High to bring the water to a boil.
3. Once the water is rolling boiling, turn off the heat completely, cover and leave the saucepan on the hot burner. Set the timer for 9 minutes.
4. When the timer goes off, place your saucepan in the sink and run cold water into the pan to cool the eggs down. After a few minutes, drain the water and carefully peel the eggs to remove the shells.
5. Place eggs in a medium mixing bowl and mash with a fork. Wash and chop the green onions, celery and seasoning and add to the mashed eggs. Add mayo and mix well. Taste test in case more seasoning or mayo needs to be added.
6. Rinse your lettuce leaves and pat dry. (Or if you're making sandwiches, slice 4 pieces of Gut Friendly bread).
7. Save half the egg salad for another meal (tomorrow's lunch - store in fridge), and evenly divide the other half of the egg salad onto 2 lettuce leaves or 4 slices of

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toasted Gut Friendly bread. Top with a 1/2 avocado, sliced or mashed - sprinkled with salt and pepper.

8. Enjoy!