



## Curried Egg Salad Recipe

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Preparation Time	10
Cooking Time	10
Serving Size	7

### Ingredients:

- 3/4 cup mayonnaise
- 1 tsp curry powder
- 1/2 tsp salt
- 1 can DEL MONTE Crushed Pineapple (227g), drained
- 6 pc egg, hard-boiled and cut into chunks
- 1/4 cup bell pepper, red, chopped
- 1/2 cup celery, sliced
- 2 Tbsp onion, green, chopped
- 2 Tbsp raisins
- 2 Tbsp cashew nuts, roasted and coarsely chopped

### Preparation:

1. Combine mayonnaise, curry powder and salt. Mix well.
2. Add DEL MONTE Crushed Pineapple and the remaining ingredients. Toss slightly. Chill until ready to serve.

### Chef's Tip

To make sure the dressing is evenly seasoned, mix all the ingredients with the seasoning for the dressing first before tossing with the rest of the ingredients.

### Lusog Notes

This Curried Egg Salad recipe is high in vitamin A for healthy skin and normal vision. It is also a source of iron which is essential for the normal metabolism of the body.

### Cooking Skills Needed

- Mixing
- Slicing

### Cooking Tools

- Chopping Board
- Wooden Spatula
- Measuring Cups
- Measuring Spoon