



Spicy Thai Red Curry-Basil Egg Salad Sandwich with Apple Mango Medley

20 minutes | 2 servings

Find cookware

[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[grater \(optional\)](#)
[measuring spoons](#)
[mixing bowls](#)
[potato masher](#)
[stirring spoon](#)
[vegetable peeler](#)

Grab ingredients

½ small pkg	fresh basil
1	Gala apple
6	hard-cooked eggs, peeled
½	lime
1	mango
10 ml	Thai curry paste, red
4 slices	whole grain bread
	honey
	mayonnaise
	rice vinegar
	salt

Cook & enjoy

- 1 Wash and dry the fresh produce.
½ lime
1 mango
1 Gala apple
½ small pkg fresh basil
- 2 Zest and juice lime into a small bowl.
- 3 Peel mango and slice flesh away from the pit, starting with the flat sides. Medium dice and add to the bowl with the lime.
- 4 Quarter, core, and medium dice apple; add to the bowl and stir to combine the fruit medley. Set aside.
- 5 Place mayo, curry paste, vinegar, honey, and salt in a medium bowl. Stir to combine the dressing.
3 tbsp mayonnaise
2 tsp Thai curry paste, red
1 ½ tsp rice vinegar
½ tsp honey
¼ tsp salt
- 6 Roughly chop eggs and add to the bowl with the dressing. Using a fork or potato masher, mash and combine the egg salad.
6 hard-cooked eggs, peeled
- 7 Pick basil leaves off the stems, roll up crosswise, and thinly slice into ribbons. Add to the bowl with the egg salad and stir to combine.
- 8 Place half of the bread slices on a flat surface and divide egg salad between them; cover with remaining slices and press gently to adhere. Cut sandwiches in half.
4 slices whole grain bread
- 9 To serve, divide sandwiches and fruit medley between plates. Enjoy!