

Hard-boiled egg sandwich filling

Apprentice chef mighty proteins recipe

- 6 large eggs
- 30 ml / 2 tablespoons light mayonnaise or puréed avocado
- 65 ml / ¼ cup dill pickles, finely chopped
- 85 ml / ⅓ cup celery, washed and finely chopped
- 85 ml / ⅓ cup green onions, washed and chopped
- ground pepper, to taste
- 4 leaves lettuce, or to taste
- 8 slices whole grain bread

Equipment

- saucepan
- timer
- measuring cups and spoons
- potato masher
- knife
- chopping board
- mixing bowl



- mixing spoon
- slotted spoon



Allergy Warning! Contains eggs and wheat.

Preparation

1. Add 6 cups of water to the saucepan. Put the saucepan on the stove and turn the heat to high.
2. When the water starts to boil, carefully place the eggs in the saucepan using a slotted spoon. Set the timer for 10 minutes.
3. After 10 minutes, take the saucepan off the burner and place it in the sink. Run cold water on the eggs, without taking the eggs out of the saucepan.
4. Let the eggs cool in the cold water for approximately 10 minutes before shelling them. To shell an egg, take it in your hand and hold it horizontally against a hard surface. Gently tap it against the surface to crack the shell. Then, applying light pressure, roll the egg forward and back to crack the rest of the shell. Tear away the membrane that the pieces of shell are sticking to, and separate it from the egg.
5. In the mixing bowl, use the potato masher to break the eggs into small pieces.
6. Add the mayonnaise or puréed avocado, dill pickles, celery, green onions and pepper. Mix all the ingredients together.
7. Place a leaf of lettuce on a slice of bread and add a few large spoonfuls of the egg filling. Spread the filling over the entire slice of bread. Top with the second slice of bread and cut the sandwich into four pieces.

If you don't like green onions, celery or dill pickles, leave them out. You can add a teaspoon of curry powder to the mixture. If you are allergic to eggs, you can substitute cooked, mashed chickpeas.

This recipe makes 4 sandwiches.



This lesson plan was produced by the Canada Agriculture and Food Museum.

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