

Kimchi & Cheese Egg Salad



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Lunch Recipes, Entertaining

Fermented vegetables, like kimchi, are a match made in heaven for eggs. In this Korean-inspired dish, we combine kimchi, eggs, and more to create a rich egg salad that can be enjoyed on its own, or nestled comfortably within a bao bun.

For those looking for a flavourful spin off the classic egg salad, give this Kimchi and Cheese Egg Salad a try. Keep scrolling for the full recipe.



Ingredients

- 6 extra-large eggs (approx. 59g each)
- 1 ½ tablespoons whole egg mayonnaise
- ¼ cup chopped kimchi
- ⅓ cup (50g) grated sharp cheddar
- 2 teaspoons sriracha hot sauce, plus extra to serve

- 8 bao buns
- 1 green onion, finely shredded to garnish
- Black and white sesame seeds (optional)

Method

1. Grease a shallow baking dish (4-cup capacity) that fits inside a large deep pan with a lid. Crack eggs into baking dish so that eggs are in a single layer. Place inside pan. Fill pan with enough water to come 1cm up the sides.
2. Cover with lid and cook over medium-high heat for 6-7 minutes. Turn off heat and let stand for 2-3 minutes with the lid on.
3. Transfer eggs to a chopping board. Coarsely chop with a sharp knife. Transfer to a bowl. Stir through mayonnaise, kimchi, cheese and hot sauce.
4. Follow packet instructions to steam bao buns. Fill bao buns with egg salad and top with green onion and extra hot sauce. Sprinkle with sesame seeds. Serve warm.

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Notes

Alternatively, use the traditional method for making hard boiled eggs:

1. Half fill a saucepan with cold water and gently lower the eggs into pan.
 2. Heat over medium heat. Once the water reaches a simmer, start the timer for 8 minutes.
 3. Use a slotted spoon to remove the eggs from the water.
 4. Cool eggs by running them under cold water for 30-60 seconds or placing them in a bowl of iced water.
- Egg salad can be made in advance. Store in a sealed container in the refrigerator for up to 2 days.
 - Use any spicy hot Asian sauce available.
 - Bao buns are available from the freezer section of most supermarkets.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Vitamin D
205g	2010kj 480kcal	20.1g	21.5g	8.1g	51.3g	9.2g	383mg	7µg

All nutrition values are per serve.