

# Peri-Peri Egg Salad Subs



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★★★★

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How tasty do these Peri-Peri Egg Salad Subs look?!

This meal is sure to delight many tastebuds with its delectable combination of chicken schnitzel, egg salad, peri-peri sauce, and more...all within a crunchy sub roll.

Lunch, dinner, or whenever you please, this meal is absolutely delicious at any time! See the complete recipe below.



## Ingredients

- 1 red onion, finely sliced into rounds

- 3 tablespoons white vinegar
- 6 extra-large eggs (approx. 59g each)
- 2 tablespoons chopped parsley
- 2 tablespoons aioli
- Salt and pepper to taste
- 4 white sub rolls, split lengthways
- 4 cooked chicken schnitzels
- Baby gem lettuce leaves
- Peri-peri sauce and hot chipotle cucumber pickles to serve

## Method

1. Mix together sliced red onion and vinegar. Set aside to pickle for at least 30 minutes.
2. 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.
3. 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.
4. Transfer eggs to a chopping board. Coarsely chop with a sharp knife. Transfer to a bowl. Cover and refrigerate.
5. Combine chopped egg, aioli, parsley and half of the pickled red onion which has been finely chopped. Season to taste with salt and pepper.
6. Arrange lettuce onto the base of each sub roll. Top with schnitzel. Divide egg salad amongst rolls and add sliced pickled red onion and chipotle cucumbers. Drizzle with peri-peri sauce.

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Try watching this video on [www.youtube.com](https://www.youtube.com), or enable JavaScript if it is disabled in your browser.

## 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.
- Use any store-bought pickled onions.
  - Egg salad can be made in advance. Store in a sealed container in the refrigerator for up to 2 days.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>353g</b>	<b>2800kJ</b> <b>669kcal</b>	<b>43.1g</b>	<b>30.6g</b>	<b>6.6g</b>	<b>52.3g</b>	<b>6.8g</b>	<b>892mg</b>	<b>4.5g</b>
Vitamin D								
<b>8.7µg</b>								

All nutrition values are per serve.