

Honey Mustard Egg Salad Sliders



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| Preparation time: | 20 mins |
| Serves: | 8 people |
| User Rating: | ★★★★★ |

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Honey Mustard Egg Salad Sliders are the perfect bite-sized delights. Sweet honey cuts clean through a mustardy kick. Brioche sliders capture all the flavours.

And the best part of it all? It only takes 20 minutes.

Discover the full recipe below.



Ingredients

- 6 extra-large eggs (approx. 59g each)
- 3 tablespoons wholegrain mustard
- 3 teaspoons honey
- 1 teaspoon white wine vinegar

- Salt to taste
- 2 tablespoons chopped fresh tarragon (or chives)
- 8 brioche sliders
- 2 tablespoons aioli
- Mini cos lettuce, separated and trimmed
- Herbs to garnish (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 mustard, honey, vinegar, salt and tarragon. Mix well.
4. Warm brioche sliders in a low oven (160°C) for 10 minutes. Split in half and spread bases with aioli. Top with lettuce leaf. Spoon over egg salad and sprinkle over herbs. Secure lid with a toothpick. Serve immediately.

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Try watching this video on 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.

Egg salad can be made in advance. Store in a sealed container in the refrigerator for up to 2 days.

Nutritional Information

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|--------------|-------------------|---------|-----------|---------------|---------------|---------------|--------|-------|
| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
| 214g | 1490kJ 356kcal | 17.1g | 17.4g | 4.4g | 31.4g | 12.4g | 763mg | 2.6g |
| Vitamin D | | | | | | | | |
| 7µg | | | | | | | | |

All nutrition values are per serve.