

Japanese Wasabi Egg Salad Sandwiches



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

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Wasabi, or Japanese horseradish, is traditionally used as a condiment to support sushi and other fish dishes in Japanese cuisine.

Similar to mustard, we find it's an excellent way to season an egg salad. If you looking for a nice spin on the classic recipe, definitely give this Japanese Wasabi Egg Salad meal a try.

Discover the full recipe below.



Ingredients

- 8 extra-large eggs (approx. 59g each)
- 4 tablespoons Kewpie mayonnaise
- 2 teaspoons wasabi paste
- 2 teaspoons milk

- 1 teaspoon salt
- ½ teaspoon sugar
- 1 bunch fresh chives, chopped
- 8 thick slices white bread, crusts removed

Method

1. Grease a shallow baking dish (4-cup capacity) that fits inside a large deep pan with a lid. Crack 6 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 in mayonnaise, wasabi, milk, salt, sugar and half of the chopped chives. Mix well and refrigerate.
4. Place remaining 2 eggs in a saucepan of boiling water and cook for 7-8 minutes. Drain and refresh in ice water to stop the cooking process. Peel and slice the eggs in half and place them face down onto four of the bread slices.
5. Add the filling on either side of the boiled egg so that it's surrounding and covering the egg. Top with bread to complete your sandwich. Slice in half. Sprinkle with remaining chives and 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.
- Substitute Kewpie mayonnaise with standard whole egg mayonnaise.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
222g	2030kJ 485kcal	21.5g	26.2g	6.2g	39.5g	2.9g	1330mg	2.4g
Vitamin D								
9.3µg								

All nutrition values are per serve.

