- Recipe Name: Avocado Egg Salad
- Yield: 4 servings (about 4 cups)
- Prep Time: 15 minutes
- Cook Time: 12 minutes
- Chill Time: 10 minutes (optional)
- Total Time: 37 minutes
- Skill Level: Easy
- Cuisine: American
- Course: Lunch / Side Dish
- Dietary Tags: Vegetarian, Gluten-Free, Dairy-Free, Low-Carb

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Ingredients

For the Salad

- 6 large eggs
- 2 large ripe avocados (about 1 cup mashed)
- 2 tablespoons freshly squeezed lemon juice (about 1 lemon)
- 1 tablespoon Dijon mustard
- 1 tablespoon mayonnaise (optional, for extra creaminess)

- 2 tablespoons finely diced red onion
- 1 stalk celery, finely diced (about ¼ cup)
- 2 tablespoons chopped fresh chives or dill
- ½ teaspoon fine sea salt
- ¼ teaspoon freshly ground black pepper
- Pinch of cayenne pepper (optional, for a subtle kick)

For Serving (Optional)

- 8 slices sourdough or whole-grain bread, toasted
- Butter lettuce leaves or Bibb lettuce cups
- Sliced tomato or radish, for garnish
- Extra chives, for garnish

Equipment

- Medium saucepan
- Mixing bowl
- Fork or potato masher
- Chef’s knife and cutting board
- Measuring spoons
- Spatula

Instructions

Step 1: Hard-Boil the Eggs (Time: 12 minutes | Intensity: Low–Medium)

Place the eggs in a medium saucepan and cover with cold water by about 1 inch. Set over medium-high heat and bring to a rolling boil. Once boiling, immediately reduce the heat to low, cover, and simmer for exactly 10 minutes. While the eggs cook, prepare an ice bath in a large bowl.

Intensity note: Keep an eye on the water—gentle simmering, not aggressive boiling, prevents

cracked shells.

Step 2: Shock and Peel the Eggs (Time: 5 minutes | Intensity: Low)

Using a slotted spoon, transfer the eggs directly into the ice bath and let them cool for 5 minutes. This stops the cooking process and makes peeling easier. Gently tap each egg on a hard surface, roll to crack the shell all over, then peel under cool running water.

Intensity note: Work gently to avoid tearing the whites; older eggs peel more easily than very fresh ones.

Step 3: Mash the Avocados (Time: 3 minutes | Intensity: Medium)

Halve the avocados, remove the pits, and scoop the flesh into a large mixing bowl. Add the lemon juice immediately to prevent browning. Mash with a fork until mostly smooth but still slightly chunky—about 20 to 25 strokes.

Intensity note: Over-mashing creates a pasty texture; stop while small chunks remain for the best mouthfeel.

Step 4: Chop the Eggs (Time: 3 minutes | Intensity: Low–Medium)

Roughly chop the peeled eggs into ½-inch pieces using a chef’s knife. For a creamier salad, chop finer; for a chunkier texture, keep pieces larger. Add the eggs to the mashed avocado.

Intensity note: Use a gentle rocking motion with the knife rather than a hard chop to keep the yolks intact.

Step 5: Combine and Season (Time: 4 minutes | Intensity: Low)

Add the Dijon mustard, mayonnaise (if using), red onion, celery, chives, salt, black pepper, and cayenne to the bowl. Fold everything together with a spatula until evenly combined. Taste and adjust seasoning—add more lemon juice for brightness, salt for depth, or a pinch of cayenne for heat.

Intensity note: Fold rather than stir vigorously to preserve the egg and avocado textures.

Step 6: Chill (Time: 10 minutes | Intensity: None)

Cover the bowl and refrigerate for at least 10 minutes to allow the flavors to meld. For best results, chill up to 30 minutes. Serve cold or at cool room temperature.

Intensity note: Passive resting time—no active work required.

Step 7: Serve (Time: 2 minutes | Intensity: Low)

Spoon the avocado egg salad onto toasted bread, into lettuce cups, or over a bed of greens. Garnish with extra chives and a crack of black pepper. Serve immediately.

Intensity note: Assemble just before serving to prevent the bread from becoming soggy.

Recipe Summary

Phase	Time	Intensity
Boil eggs	12 min	Low–Medium
Ice bath & peel	5 min	Low
Mash avocado	3 min	Medium
Chop eggs	3 min	Low–Medium
Mix & season	4 min	Low

Phase	Time	Intensity
Chill	10 min	None
Serve	2 min	Low
Total	~37 min	Easy

Nutrition Information

Per serving (¼ recipe, without bread):

- Calories: 285 kcal
- Total Fat: 23 g
- Saturated Fat: 4.5 g
- Cholesterol: 280 mg
- Sodium: 340 mg
- Total Carbohydrates: 9 g
- Dietary Fiber: 6 g
- Total Sugars: 1 g

- Protein: 11 g

Vitamins & Minerals (approximate % Daily Value):

- Vitamin K: 20%
- Folate: 18%
- Vitamin B12: 15%
- Vitamin E: 12%
- Potassium: 10%