

# Eggy Tuna Salad

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[Prep: 20min / Cook: 5min / TOTAL: 25min]

[4 small servings]

- 3 eggs, hard boiled, peeled, and roughly chopped
- 2 cans of tuna - in water or oil, your preference - drained
- 2 tablespoons raisins
- 1 small bunch scallions, rinsed, roots and tops cut off and thinly chopped
- 1/3 cup, a few sprigs, of fresh parsley, rinsed and stemmed
- 6 large romaine leaves, rinsed and roughly chopped
- 6 kale leaves, rinsed, stemmed and finely chopped
- 1 small bunch spinach, about 1 cup packed, rinsed, stems picked off and roughly chopped
- 2 garlic cloves, peeled
- 1 lemon, juiced
- 3 tablespoons extra virgin olive oil
- ½ teaspoon salt
- ½ teaspoon cracked black pepper
- 1 teaspoon curry powder
- ½ teaspoon cayenne pepper
- 3 tablespoons water
- A few slices of bread, I used 1 slice per serving, toasted and cut in half

Place eggs in a pot, add enough water to cover the eggs, cover and set over high heat. You want to let the water come to a boil, when this happens, wait one minute, then remove from heat and let sit covered for 10 more minutes. After this they will be hard-boiled but not overcooked or dried out. Before peeling you can put them in a cold-water bath so they will be cool enough to handle.

After the eggs have been boiled and are resting you can make the salad dressing. Using a mini food processor (you can do this by hand but you'll need to mince or press the garlic and finely chop up the parsley first) add parsley, olive oil, lemon juice, water and spices. Pulse until parsley leaves are broken down.

Now onto the salad greens. After they have all been rinsed and stemmed where needed (only the stem of the kale really needs to be taken out), roughly chop up the spinach and romaine, finely chop the kale and thinly slice up the scallions. Add all, reserving about half of the sliced scallions, to a large mixing bowl and incorporate a few tablespoons of the salad dressing. Toss until well mixed.

In a small mixing bowl, incorporate the tuna, raisins, remaining scallions, 2 tablespoons of the salad dressing, a dash of salt, pepper, cayenne and curry powder. Mix well.

Put your toast into the oven/toaster and get started with peeling the cooled eggs. Once peeled chop them up into big chunks.

To assemble the salad, place the lightly dressed greens on the bottom of your serving platter, next the hard boiled eggs, and finished it off with the tuna salad. Drizzle the remaining dressing over the Eggy Tuna Salad. Slice up your toasted bread and enjoy!