

# Easy Tuna & Eggs Dinner Platter



Opt for an uncomplicated keto dinner platter with this delicious combination of boiled eggs, tuna, fresh spinach, and vibrant avocado topped with luscious mayo and lemon.

## Ingredients for 2 serving (US/Metric)

- 1 *pieces* Avocado
- 5.5 *pieces* Eggs
- 255g / 9oz Tuna, in olive oil
- 1.5 *cup* Spinach
- 3 *tbsp* Mayonnaise
- Red Onions
- Lemon
- Salt & pepper to taste

## **Nutrition (US/Metric)**

- **Protein:** 26%
- **Fat:** 72%
- **Net carbs:** 2%

## **Instructions**

1. Firstly, soft-boil/hard-boil the eggs (as preferred) by placing them gently in a pot of boiling water and cooking for 4-8 minutes.
2. Using a slotted spoon, transfer the boiled eggs to a bowl of ice-cold water for a couple of minutes to peel easily.
3. Take a serving dish and arrange the eggs along with tuna, spinach, & avocado as desired.
4. Top generously with mayo, place a lemon wedge on the side, and sprinkle some salt & pepper.