

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.