

Keto Salad with Crab Meat, Eggs & Cheese



Savor an array of flavors & textures in this simple low-carb salad platter of eggs, crab meat, spinach, & cottage cheese.

Ingredients for 2 serving (US/Metric)

- 254g / 9oz **Crab meat, canned**
- 2 *pieces* **Avocado**
- 156g / 5.5oz **Boiled Egg**
- 6 *tbsp* **Mayonnaise**
- 0.5 *cup* **Cottage cheese**
- 70g / 2.5oz **Baby spinach**
- 2 *tbsp* **Olive oil**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 20%
- **Fat:** 78%

- **Net carbs:** 3%

Instructions

1. First, let's cook the eggs. Bring a pot of water to boil, drop the eggs gently, cook for 4-8 minutes for soft/hard-boiled eggs as per preference.
2. Transfer to a bowl of ice-cold water for 1-2 minutes and peel them.
3. Put the peeled eggs in a serving dish along with avocado, spinach, crab meat, cottage cheese, and mayo separately.
4. Lightly drizzle some olive oil on top of the spinach. Finish off with salt and pepper seasoning. Enjoy!