

Low-carb Platter with Pastrami & Eggs



A vibrant, cheesy, flavor-filled Keto salad packed with veggies, meat, egg, and yummy mayo mustard dressing ready within minutes.

Ingredients for 2 serving (US/Metric)

- 2.5 *pieces* **Eggs**
- 81g / 2.9oz **Pastrami**
- 29g / 1oz **Shallot**
- 29g / 1oz **Dill Pickles**
- 1 *cup* **Lettuce**
- 2.5 *tbsp* **Mayonnaise**
- 1 *tbsp* **Dijon Mustard**
- 4g / 0.1oz **Keto parmesan croutons**

Nutrition (US/Metric)

- **Protein:** 26%
- **Fat:** 68%

- **Net carbs:** 6%

Instructions

1. Begin with preparing the Keto Parmesan croutons, in case they aren't readily available. This step is optional.
2. Mix the mayo and mustard until well combined. Keep aside for later.
3. Take 2 serving dishes and arrange the lettuce leaves on them.
4. Lay the chopped onions and quartered cucumber (cut lengthwise) on top of the lettuce.
5. Layer the pastrami, and add a dollop of the mayo mustard mix.
6. Finally, fry the eggs (sunny-side up) and place gently on the salad.
7. Serve right away with Parmesan croutons.