

# Healthy Low-Carb Mackerel Salad

Hands-on 5-10 minutes Overall 20-25 minutes

**Nutritional values (per serving):** Total carbs: 16.1 g, Fiber: 8.5 g, **Net carbs: 7.6 g,**

Protein: 27.3 g, Fat: 49.9 g, Calories: 609 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 2 servings)

- 2 mackerel fillets (180 g / 6.3 oz)
- 2 large eggs, free-range or organic
- 1 medium avocado (150 g / 5.3 oz)
- 2 cups green beans (200 g / 7.1 oz)
- 4 cups mixed lettuce such as lamb lettuce, arugula, etc. (120 g / 4.2 oz)
- 1 tbsp [ghee](#) or [coconut oil](#)
- 1/4 tsp salt or more to taste (I like [pink Himalayan](#))
- freshly ground black pepper

### Lemon & mustard dressing:

- 2 tbsp [extra virgin olive oil](#)
- 1 tsp [Dijon mustard](#) (you can [make our own](#))
- 2 tbsp lemon juice (~ 1/2 lemon)

*When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).*

## Instructions

1. Start by cooking the eggs. Fill a small saucepan with water up to three quarters. Add a good pinch of salt. This will prevent the eggs from cracking. Bring to a boil. Using a spoon or hand, dip each egg in and out of the boiling water - be careful not to get burnt. This will prevent the egg from cracking as the temperature change won't be so dramatic. To get the eggs hard-boiled, you need round 10 minutes. This timing works for large eggs. When done, remove from the heat and place in a bowl filled with cold water. I like and always use [this egg timer](#)!
2. Cook the green beans. Fill a small sauce pan with water and season with salt. Add the green beans and bring to a boil. Cook until crisp tender for 4-5 minutes. When done, take off the heat and pour the hot water away to prevent the beans from further cooking.
3. Make small diagonal slashes on the skin side of the mackerel -

don't cut too deep. Season with salt and pepper from both sides.

4. Heat a pan greased with ghee. Once the pan is hot, add the mackerel fillets, skin side down, and cook over a medium-high heat until the skin is crispy and the meat opaque and cooked. When done, take off the heat and set aside. You can use [splatter shield like this one](#) - it's great for catching spat oil.
5. When the eggs are chilled, peel off the shells. Make the dressing by mixing all the ingredients (olive oil, mustard and lemon juice).
6. Wash and drain the lettuce in a [salad spinner](#) or just by pat drying using a paper towel. Place the lettuce in a serving bowl and top with the cooked green beans.
7. Add quartered cooked eggs, sliced mackerel fillet and drizzle with the prepared dressing. Enjoy!

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