

Keto Chipotle Prawn & Broccoli Salad

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 12.6 g, Fiber: 4.1 g, **Net carbs: 8.5 g**,

Protein: 29.2 g, Fat: 38.2 g, Calories: 509 kcal,

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



Ingredients (makes 2 servings)

Dressing:

1/4 cup Chipotle Lime Paleo Mayonnaise (60 g/ 2.1 oz) - *you can make your own and add chipotle powder and lime zest to taste*

2 tbsp extra virgin olive oil (30 ml)

2 tbsp water or chicken stock (30 ml)

1 tbsp fresh lime juice (15 ml)

salt and pepper, to taste

Salad:

250 g cooked prawns or shrimp (8.8 oz)

1/2 medium broccoli, cut in florets (200 g/ 7.1 oz)

1/2 medium red bell pepper, sliced (60 g/ 2.1 oz)

1/2 small red onion, sliced (30 g/ 1.1 oz)

4 cups mixed leafy greens of choice (120 g/ 4.2 oz)

1 tbsp chopped cilantro or parsley

Instructions

1. Prepare the dressing by mixing the mayonnaise, olive oil, and lime juice. Season with salt and pepper to taste.
2. Place the cooked prawns in a bowl, add half of the dressing and combine well. Keep the remaining dressing for later.
3. Steam or boil the broccoli florets until crisp tender, for 5-7 minutes. Then, place the cooked broccoli in ice water to quickly cool down. Drain and set aside.
4. Slice the red pepper and onion. Assemble the salad by dividing the ingredients between 2 bowls.
5. Start with the greens, add the cooked broccoli florets (cut in smaller pieces if needed), sliced red pepper and sliced onion. Top with the dressed prawns and drizzle with the remaining dressing. Finish by adding chopped cilantro and cracked black pepper.

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