Quick Keto Salmon Power Bowl

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 10.9 g, Fiber: 6.3 g, **Net carbs: 4.6 g**, Protein: 36 g, Fat: 39.9 g, Calories: 537 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 2 servings)

Power bowl:

1 large salmon fillet, smoked or cooked, flaked (200 g/ 7.1 oz)

1/2 large avocado, sliced (100 g/ 3.5 oz)

2 hard-boiled eggs, halved

2 tbsp raw red onion *or* Pickled Red Onion (15 g/ 0.5 oz)

small bunch of asparagus (100 g/ 3.5 oz)

2 tbsp pumpkin seeds/pepitas (16 g/ 0.6 oz)

1 head of lettuce *or* salad greens of choice (200 g/ 7.1 oz)

Horseradish mayo:

2 tbsp paleo mayonnaise (30 g/ 1.1 oz) - *you can make your own mayo*

1 tbsp extra virgin olive oil (15 ml)

1 tbsp apple cider vinegar (15 ml)

1 tsp prepared horseradish

1/2 tbsp capers, chopped

1 tbsp flatleaf parsley, chopped

salt and pepper, to taste

Instructions

1. Wash the greens and place in a salad spinner to remove excess water.
2. Add the asparagus to a microwaveable container with a splash of water (about a teaspoon or two) and cook on high for 3 to 6 minutes (depending on the thickness) until vibrant green but still crunchy. Alternatively, boil on the stovetop in a sauce pan filled with water for 4 to 7 minutes.
3. To make the mayo, combine all ingredients and mix well.
4. Layer the salad greens across two bowls. Add half the salmon, avocado, two egg halves, 1 tablespoon of onion, and half of the asparagus to each bowl on top of the salad greens. Sprinkle with the pepitas. Serve drizzled over the salad.
5. Serve immediately or store in the fridge for up to a day.

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