

# Vegetarian Keto Warm Egg Salad

Hands-on 15 minutes Overall 50 minutes

**Nutritional values (per serving):** Total carbs: 12.2 g, Fiber: 3.7 g, **Net carbs: 8.5 g,**

Protein: 13.7 g, Fat: 35.9 g, Calories: 412 kcal,

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



## Ingredients (makes 3 servings)

### Salad:

- 3 large eggs, hard-boiled
- 1/2 medium cauliflower (340 g/ 12 oz)
- 1 medium leek, white and light green parts only (50 g/ 1.8 oz)
- 1 tbsp [extra virgin olive oil](#) or [ghee](#) (15 ml)

### Lemony pesto dressing:

- 1/4 cup green pesto (63 g/ 2.2 oz) - *you can [make your own pesto](#)*
- 3 tbsp lemon juice (45 ml)
- 1 1/2 tbsp [paleo mayonnaise](#) (23 g/ 0.8 oz) - *you can [make your own mayo](#)*
- 1/4 tsp sea salt, or to taste

### Toppings:

- 2 tbsp pepitas (16 g/ 0.6 oz)
- 2 tbsp capers (17 g/ 0.6 oz)
- 1/3 cup crumbled feta (50 g/ 1.8 oz)
- handful of shredded rocket (arugula) or herbs of choice

## Instructions

1. Preheat oven to 180 °C/ 355 °F (conventional), or 160 °C/ 320 °F (fan assisted). Cut the cauliflower into small florets. Drizzle the oil over the cauliflower and season with salt. Bake for 15 minutes.
2. Stir, add the leek, and bake another 15 to 20 mins until the edges are golden and cooked through. Set aside to cool slightly.
3. Prepare the dressing by adding all ingredients to a bowl and mixing to combine.
4. Layer the slightly cooled veggies and use your fingers to roughly break up the eggs and scatter over the top.
5. Drizzle the dressing over the top. Top with the pepitas, capers and feta. Serve immediately.

6. Keep in an airtight container in the fridge up to 3 days.

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