

Shrimp tartare

Total: 5 min · Prep: 5 min · 1 servings · Easy · Breakfast

Dairy-Free



INGREDIENTS

75 g Avocado

5 g Oil

1 pc Egg

80 g Shrimp

90 g Cherry tomato

23 g Romaine lettuce leaves

8 g Soy sauce

to taste Lemon juice, herbs and spices

INSTRUCTIONS

- 1 Dice the avocado into small cubes.
- 2 Peel the shrimp and cut into small pieces.
- 3 Cut cherry tomatoes into halves or quarters.
- 4 Tear Romaine lettuce leaves into small pieces.
- 5 On a large plate, layer the diced avocado, then add a layer of shrimp.
- 6 Place the cut cherry tomatoes and finish with a layer of Romaine lettuce leaves.
- 7 Sprinkle with spices, drizzle with soy sauce, lemon juice and add oil. On a heated skillet without oil, fry an egg to desired doneness. Place the egg on top of the salad and serve immediately, garnished with fresh herbs.

Nutrition per serving: 340 kcal · Protein **27.0 g** · Fat **22.0 g** · Carbs **13.0 g** · Fiber **6.2 g**