

Egg, Avocado, and Tomato Salad - Fresh, Creamy, and Perfect for Any Meal

Why You'll Love This Salad



TIME
20 min

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INGREDIENTS

1 head of romaine lettuce (or your favorite greens), washed and chopped
2 large eggs
1 large tomato, diced
¼ small red onion, finely chopped
1 ripe avocado, cubed
2 tablespoons extra virgin olive oil
1 tablespoon fresh lemon juice
Salt, to taste

DIRECTIONS

- 1.** Cook the Eggs: I bring a small pot of water to a boil and gently add the eggs. For a soft, jammy yolk, I cook them for 6-8 minutes. For a firmer yolk, go a bit longer-about 9-10 minutes.
- 2.** Once cooked, I cool them under cold water, peel, and cut into quarters or halves.
- 3.** Prep the Base: In a large salad bowl, I layer the chopped lettuce as the base.
- 4.** Add the Good Stuff: On top of the greens, I scatter the diced tomato, chopped red onion, and cubed avocado. Then I gently add the sliced eggs.
- 5.** Mix the Dressing: In a small bowl, I whisk together the olive oil, lemon juice, and a generous pinch of salt. I drizzle this over the salad just before serving.
- 6.** Toss Gently and Serve: I give the salad a gentle toss-or serve it composed-style with the dressing on the side. Either way, it's fresh, satisfying, and packed with flavor.

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