

Spicy Garlic Shrimp & Egg Salad: A Bold, Protein-Packed Twist on Salad

Tired of the same old salad routine? This



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30 min

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INGREDIENTS

For the Shrimp:

12 large shrimp, peeled and deveined

1 tablespoon olive oil

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

$\frac{1}{2}$ teaspoon garlic powder

For the Spicy Garlic Sauce:

2 tablespoons soy sauce

1 tablespoon honey

1 tablespoon sriracha (adjust for heat)

1 tablespoon rice vinegar

2 garlic cloves, minced

$\frac{1}{2}$ teaspoon red pepper flakes

1 teaspoon sesame seeds (optional)

For the Salad Base:

2 boiled eggs, quartered

1 cup broccoli florets

$\frac{1}{2}$ cup corn kernels

$\frac{1}{2}$ cup diced zucchini

$\frac{1}{2}$ avocado, sliced (optional)

DIRECTIONS

1. Cook the Shrimp: Heat olive oil in a skillet over medium heat.
2. Season shrimp with garlic powder, salt, and pepper.
3. Cook for 2-3 minutes per side until pink and slightly charred. Set aside.
4. Make the Spicy Garlic Sauce: In a small bowl, whisk together soy sauce, honey, sriracha, rice vinegar, garlic, red pepper flakes, and sesame seeds.
5. Pour the sauce over the cooked shrimp in the pan, toss to coat, and let simmer for 1 minute.
6. Prepare the Salad Base: Steam or blanch broccoli and zucchini for 3-4 minutes until tender-crisp.
7. If using frozen corn, thaw; if canned, drain and rinse.
8. Boil eggs, peel, and quarter them.
9. Assemble & Serve: In a bowl, layer shrimp, broccoli, zucchini, corn, boiled eggs, and avocado slices (if using).
10. Drizzle any remaining spicy garlic sauce over the top.
11. Serve warm or chill for a refreshing cold version.

SWAPS & NOTES

& Swaps Make it vegetarian : Swap shrimp for grilled tofu or tempeh.

Control the spice : Reduce sriracha or skip red pepper flakes for a milder version.

Protein boost : Add more eggs or top with hemp seeds for extra protein and crunch.

Use maple syrup or agave nectar as an alternative.

TIPS FOR SUCCESS

Marinate the shrimp briefly in garlic and oil for even more flavor.

Don't overcook shrimp-they become rubbery fast.

Chill components separately if meal prepping to keep textures fresh.

Garnish with sesame seeds or fresh cilantro for extra flair.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/spicy-garlic-shrimp-egg-salad-a-bold-protein-packed-twist-on-salad/>