

## The Ultimate Garden-Fresh Egg Salad Bowl

When you want something fresh, nourishing, and quick, this



**TIME**  
**15 min**

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**ChefManiac**

### INGREDIENTS

1 cup cherry tomatoes, chopped ?  
... cup red onion, thinly sliced ?  
1 cucumber, diced ?  
1 cup shredded lettuce ?  
1 ripe avocado, sliced ?  
3-4 soft-boiled eggs, halved ?  
Fresh mozzarella, sliced ?  
Salt, pepper, and oregano, to taste ?  
(Optional) Olive oil, for drizzling ?

### DIRECTIONS

1. Prep the Ingredients: Wash and prep all the vegetables:
2. Halve cherry tomatoes
3. Slice red onion thinly
4. Dice cucumber
5. Shred lettuce
6. Slice avocado just before serving to prevent browning
7. Cut mozzarella into bite-size pieces or slices
8. Soft-boil your eggs (6-7 minutes in boiling water, then into an ice bath)
9. Build the Bowl: On a large plate or in a shallow bowl, neatly arrange:
10. Chopped tomatoes
11. Red onion slices
12. Diced cucumber
13. Shredded lettuce
14. Avocado slices
15. Soft-boiled eggs
16. Fresh mozzarella
17. Season & Finish: Sprinkle with salt, black pepper, and oregano.(Optional) Drizzle with olive oil for added richness.
18. Serve & Enjoy: Enjoy immediately as a standalone meal or with a slice of crusty bread or pita on the side.

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

Original recipe: <https://chefmaniac.com/the-ultimate-garden-fresh-egg-salad-bowl/>