

## Avocado & Egg Salad: A Creamy, Healthy & Quick Recipe

Looking for a salad that's as beautiful as it is delicious and nutritious? This



**TIME**  
**10-15 min**

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### INGREDIENTS

- 2 ripe avocados, sliced
- 3 soft-boiled eggs, halved (for that perfect creamy yolk)
- 1 cup cherry tomatoes, halved
- 1 small red onion, thinly sliced
- Fresh parsley, chopped (for garnish and freshness)
- Salt & black pepper, to taste
- 2 tbsp olive oil (extra virgin for best flavor)
- 1 tbsp lemon juice (freshly squeezed is key!)

#### Swaps and Notes:

**Eggs:** While soft-boiled eggs offer a wonderful creamy yolk, hard-boiled eggs work just as well if you prefer a firmer texture.

**Avocado:** Ensure your avocados are ripe but still firm enough to slice without turning mushy.

**Tomatoes:** Grape tomatoes or even a diced large tomato can be used if cherry tomatoes aren't available.

**Red Onion:** If you find red onion too strong, you can soak the slices in cold water for 10-15 minutes, then drain, to mellow their flavor. Or, use finely chopped chives for a milder oniony bite.

**Herbs:** Fresh dill or cilantro would also be fantastic additions to this salad.

**Citrus:** Lime juice can be used in place of lemon juice for a slightly different zesty kick.

**Add-ins:** For extra crunch, consider adding some chopped cucumber or bell pepper. A sprinkle of feta

cheese could also be a delicious addition.

## DIRECTIONS

1. Getting this fresh and flavorful salad onto your plate is incredibly simple. Just follow these steps:
2. Prepare the : Eggs: Begin by boiling your eggs. For soft-boiled eggs with a jammy yolk, bring a pot of water to a rolling boil. Carefully lower the eggs into the boiling water and cook for about 6-7 minutes. Immediately transfer the cooked eggs to an ice bath (a bowl of ice water) to stop the cooking process. Once cooled, gently peel them and halve them lengthwise.
3. Combine : Salad Base: In a medium to large mixing bowl, combine the sliced avocado, halved cherry tomatoes, and thinly sliced red onion.
4. Add : Eggs: Gently place the halved soft-boiled eggs on top of the avocado and vegetable mixture.
5. Dress the : Salad: Drizzle the olive oil and fresh lemon juice generously over all the ingredients in the bowl.
6. Season: Season the salad with salt and black pepper to taste. Be generous with the pepper for a nice kick!
7. Garnish and : Serve: Sprinkle with fresh chopped parsley just before serving. Gently toss everything together right before serving, or leave the layers distinct for a beautiful presentation. Serve fresh!

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Original recipe: <https://chefmaniac.com/avocado-egg-salad-a-creamy-healthy-quick-recipe/>