

## The Ultimate High-Protein Garden Salad with Shrimp and Eggs

Fresh & Flavorful Shrimp and Egg Garden Salad



**TIME**  
**20 min**

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### INGREDIENTS

The Salad Base:

4 cups Mixed Greens: A blend of romaine, spinach, and peppery arugula works best.

12 Large Shrimp: Peeled and deveined. You can grill, sauté, or boil them (ensure they are chilled before adding to the salad).

2 Hard-Boiled Eggs: Peeled and neatly sliced.

1/2 cup Cherry Tomatoes: Halved for a burst of sweetness.

1/4 cup Cucumber: Sliced into thin rounds or half-moons.

1/4 cup Shredded Carrots: For a bit of crunch and color.

2 tbsp Red Onion: Thinly sliced to provide a sharp contrast.

2 tbsp Feta or Goat Cheese (Optional): Provides a creamy, salty finish.

The Lemon Dijon Dressing:

3 tbsp Olive Oil: Extra virgin is preferred for the best flavor.

1 tbsp Lemon Juice: Freshly squeezed is a must!

1 tsp Dijon Mustard: Acts as an emulsifier to keep the dressing smooth.

1 Garlic Clove: Minced finely.

Salt and Pepper: To taste.

### DIRECTIONS

1. Prepare the : Greens: Wash and dry your mixed greens thoroughly. A salad spinner is your best friend here to ensure the dressing sticks to the leaves instead of sliding off. Place the greens in a large bowl.
2. Layer the : Toppings: Artfully arrange the cooked shrimp, sliced hard-boiled eggs, cherry tomatoes, cucumbers, carrots, and red onions over the bed of greens.
3. Mix the : Vinaigrette: In a small mason jar or bowl, whisk together the olive oil, lemon juice, Dijon mustard, minced garlic, salt, and pepper until the mixture is slightly thickened and opaque.
4. Dress the : Salad: Drizzle the dressing evenly over the salad right before you are ready to eat.
5. The : Finishing Touch: Sprinkle the crumbled feta or goat cheese over the top if you're using it. Toss gently and serve.

## SWAPS & NOTES

**Protein Swaps:** If you aren't a fan of shrimp, grilled chicken or even chickpeas work beautifully here.

**Egg Hack:** If you are in a rush and love egg-based meals, check out this 3-ingredient egg wrap for another high-protein breakfast or lunch idea.

**Greens:** Feel free to use kale or butter lettuce if that's what you have in the crisper drawer.

**List of Steps Prepare the Greens:** Wash and dry your mixed greens thoroughly.

## TIPS FOR SUCCESS

**Cold Proteins:** For the best "garden fresh" experience, make sure your shrimp and eggs are completely chilled.

**Season the Shrimp:** If you are cooking the shrimp specifically for this recipe, sauté them with a little lemon zest and garlic for an extra layer of flavor.

**Don't Over-Dress:** Start with half the dressing, toss, and add more as needed.

You want to coat the leaves, not drown them.

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

Original recipe: <https://chefmaniac.com/the-ultimate-high-protein-garden-salad-with-shrimp-and-eggs/>