

# Avocado, watercress & crisp bacon salad with yoghurt dressing



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**Preparation** about 20 minutes

**Cooking** about 5 minutes

**Serves** 4

8 rashers (about 250g) rindless bacon  
2 cups watercress sprigs  
2 just-ripe avocados, halved, peeled, seeded and thickly sliced lengthways  
Toasted baguette bread, to serve

### Yoghurt dressing

1/4 cup whole egg mayonnaise  
1/3 cup natural Greek-style yoghurt  
1 tbs lemon juice  
1 garlic clove, crushed  
1 tbs finely chopped chives  
Salt and ground black pepper

1. To make yoghurt dressing, combine all ingredients in a bowl. Season with salt and pepper to taste. Stir until well combined. Set aside.
2. Pan-fry bacon in a large non-stick frying pan over high heat for 2–3 minutes on each side until crisp. Drain on paper towel.
3. Arrange watercress, bacon and avocados on serving plates. Spoon over yoghurt dressing and serve with toasted baguette bread.



### Watercress

- A powerhouse of nutrients, including iron (needed for red blood cells) and potassium (helps to balance sodium from salt).
- Rich in beta carotene, which the body converts to vitamin A, and also a top source of the B vitamins folate and niacin as well as vitamins C and E – all of which help protect health.
- A good source of dietary fibre which helps keep the intestine healthy.