

Spinach, crispy bacon & avocado salad



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Preparation 20 mins | Cooking 20 mins | Serves 4-6 as a side dish

- ¼ cup extra virgin olive oil
- 1 tbs lemon juice
- 2 tsp Dijon mustard
- 1 tsp caster sugar
- 1 tbs olive oil
- ½ cup walnuts, roughly chopped
- 250g rindless shortcut bacon rashers, trimmed and roughly chopped
- 120g baby spinach leaves
- 1 medium just-ripe avocado, peeled, deseeded and sliced
- Fresh bread, to serve

STEP 1 To make salad dressing, combine extra virgin olive oil, lemon juice, mustard, sugar and salt and pepper to taste in a screw-top jar. Shake well to combine. Set aside.

STEP 2 Heat 2 tsp olive oil in a medium non-stick frying pan. Add walnuts and cook, stirring, for 2 minutes or until roasted. Transfer to a plate. Heat remaining 2 tsp olive oil in the pan over medium heat. Add bacon and cook, stirring occasionally, over medium-high heat for 4-5 minutes until crisp. Drain on paper towel.

STEP 3 Combine walnuts, bacon and spinach in a large bowl. Gently toss to combine. Drizzle with dressing and gently toss through avocado. Arrange salad on serving plates and serve with fresh bread.

Good for you... *SPINACH*

Although the iron in spinach is not well absorbed, its high content of vitamins C, E, beta carotene (converts to vitamin A in the body), niacin (B3), folate, vitamin B6 plus its magnesium and potassium make it one of the most valuable vegetables. Spinach is rich in an antioxidant called lutein, which is important for eye health.

