

Avocado, spinach, tomato & bacon salad



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Preparation: about 15 minutes
Cooking: about 5 minutes
Serves: 4

2 tsp olive oil
6 rashers rindless bacon, cut in half
100g baby spinach leaves
350g tomato medley (like cherry, kumatoes, tear drop and mini roma tomatoes) halved
2 medium ripe avocados, halved lengthways, deseeded, peeled and thickly sliced lengthways
Extra virgin olive oil, for drizzling
Salt and ground black pepper
Fresh trimmed micro-herbs (optional)
Grilled sourdough bread, to serve

1. Heat a non-stick frying pan over medium-high heat. Add oil and bacon and cook, turning occasionally, for 4–5 minutes or until bacon is crisp. Drain on paper towel. Set aside to cool.
2. Arrange spinach, tomatoes, avocados and bacon on serving plates. Drizzle with extra virgin olive oil and season with salt and pepper. Top with micro herbs if using. Serve with grilled sourdough bread.



Avocados

- Avocados contain fat, but it's 'good' unsaturated fat that contains some essential fatty acids needed for healthy membranes around all body cells. .
- The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy condition.
- A good source of vitamin B6. This vitamin has many functions, one of which is to help the body use the energy from proteins, fats and carbohydrates.