



warm b.e.s.t.  
*Salad*

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Serves 4

### Ingredients

- 10 slices of bacon, finely chopped
- 2 bags of baby spinach
- 2 tbsp. (30 ml) extra virgin olive oil
- 1 red onion, minced
- 2 garlic cloves, minced
- 1 tsp. (5 g) sugar
- ½ tsp. (3 g) salt
- ½ tsp. (3 g) pepper
- 6 tbsp. (90 ml) cider vinegar
- 3 large hard boiled eggs, peeled and quartered
- 2 large Paysanne tomatoes, seeded and diced

### Method

1. Place spinach in a large bowl.
2. Fry the bacon over medium heat until crisp. Transfer bacon to a paper towel lined plate and pour off all but 4 tbsp. (60 ml) of bacon fat. Add the extra virgin olive oil to the bacon fat and return to medium heat until shimmering.
3. Add the sugar, onion, salt and pepper.
4. Cook until onions are soft. Turn off heat, stir in vinegar, and then pour immediately over spinach. Toss until wilted.
5. Portion the salad onto 4 plates and garnish with bacon, eggs and tomatoes.

### Nutritional Facts per serving (360 g): Calories 300

Fat 20 g (31 %), Saturated Fat 5 g + Trans Fat 0 g (25 %),  
Cholesterol 180 mg, Sodium 920 mg (38 %), Carbohydrate 15 g (5 %),  
Fiber 5 g (20%), Sugars 6 g, Protein 18 g, Vit A (150 %), Vit C (90 %),  
Calcium (15 %), Iron (35 %). % = % Daily Value