



Brought to you by...**Easy Food**

Spinach and bacon salad

Serves 4

½tbsp olive oil

200g fresh baby tender spinach

6 rashers smoked rindless bacon, sliced into thin strips

2 thick slices white bread, crusts removed and cut into cubes

Dressing

1tbsp English wholegrain mustard

1tsp lemon juice

salt and pepper

3½tbsp olive oil

1 Heat half a tablespoon of the oil in a small frying pan. Cook the bacon until crispy. Drain on kitchen paper and set aside.

2 Place the cubes of bread into the same frying pan you have cooked the bacon. Fry the bread for two to three minutes or until crisp and golden. Remove from the heat and set aside.

3 To make the dressing, place the mustard in a small bowl, add the juice, then slowly whisk in the olive oil. It should come together forming a thick consistency.

4 Put the salad ingredients, except for the bacon and croutons into a large bowl. Pour over the dressing and mix well. Pile onto serving plates and garnish with the bacon and croutons. Serve immediately.

Fat	23g	Saturated fat	5g	Energy	293kcal
Protein	12g	Sodium	1g	Fibre	0g
				Carbs	11g