

The Good Fat Salad

This is the type of salad you will be wanting for breakfast every day, the secret ingredient to taking it to the next level? Bacon of course.

PREP TIME: **5 Minutes**
COOKING TIME: **5 Minutes**
TOTAL TIME: **10 Minutes**

INGREDIENTS:

- 100g free-range bacon (*nitrate free is possible*)
- 1/4 avocado *halved*
- 6 olives *pitted, in extra-virgin olive oil*
- 1 tablespoon(s) fermented vegetables
- 1 cup(s) baby spinach
- 1/2 tablespoon(s) extra-virgin olive oil
- 1 teaspoon(s) lemon or lime juice
- 1/4 teaspoon(s) dried chilli flakes *optional*
- salt *to season*
- cracked pepper *to season*
- 1/2 tablespoon(s) coconut oil *for frying*

DIRECTIONS:

- Heat your fry pan over medium to high heat and melt your coconut oil ready for cooking. Add the bacon and cook for 2 to 3 minutes on each side until crispy and golden brown. Remove from the pan and set aside whilst you prepare the remaining salad components.
- In a bowl, add your baby spinach leaves and generously dress with the extra virgin olive oil and lemon juice, then transfer to your serving plate or bowl.
- Top your baby spinach with the avocado, olives, fermented vegetables and top with the bacon. Sprinkle with chilli flakes (optional) and season well with salt and pepper if needed.

