



Spinach, bacon and cherry tomato salad - Serves 4

Ingredients:

For the salad:

- 8 slices of dry cure back bacon
- 1 cup (220g) cherry tomatoes
- 4 large flat mushrooms, stalks removed and cleaned
- 4½ cups (340g) fresh young leaf spinach

For the dressing:

- 2 medium shallots
- 2 garlic cloves, peeled and finely chopped
- 2 tsp red wine vinegar
- 2 tbsp balsamic vinegar
- 4 tbsp olive oil
- Ground black pepper to taste

Method:

1. Fry the bacon for 2 to 3 minutes each side or until cooked through
2. Add the tomatoes and mushrooms until softened
3. Empty the pan onto a plate and cut bacon and mushrooms into pieces
4. Cook the shallots and garlic for 1 to 2 minutes, until soft
5. Shake in the red wine vinegar, balsamic vinegar and the olive oil
6. Season with black pepper
7. Tip the dressing into a bowl with the spinach in it and mix
8. Add in all of the salad ingredients

9. Serve immediately

Did you know ?

Spinach has a reputation for making you strong which is in fact true. Spinach is high in iron and calcium. This helps keep your bones strong and your energy levels high.

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